Overnight Oatmeal

Ingredients:

2 handfuls of regular/thick rolled oats
2 tablespoons of pumpkin seeds or slivered almonds
¼ cup of frozen berries (or fresh)
¼ sliced banana
½ cup of almond milk (or any milk)
dash of cinnamon

Preparation:

1. Mix all ingredients together in Mason jar or to-go-container
2. Place in fridge overnight
3. Eat chilled in the morning

Other ideas for additions:

- Shredded coconut
- Chopped walnuts
- 1 Tbsp flax or chia seeds (or both)
- Raw cacao nibs