



Berry Chia Oats

Serves 1

Ingredients

1/3 cup regular rolled oats

1 tablespoon chia seeds

1/2 cup unsweetened coconut milk

1/2 teaspoon cinnamon

Add all ingredients in a jar and stir, place jar in refrigerator overnight.

Serve with berry compote.

Berry compote

Frozen berries of choice (I used raspberries and blueberries)

1 teaspoon thickener mixed with 3 tablespoons cold water (I used arrowroot powder, but organic cornstarch will work too)

Stevia to sweeten

Sauté berries until soft. Mix thickener with water and stir in berries.