



Apple Cinnamon Overnight Oats

Serves 2

Ingredients

1 apple, peeled and diced

1 cup gluten free regular rolled oats

1 cup unsweetened coconut milk + 1/4 cup more to thin out

2 tablespoons ground flax seeds

2 tablespoons goji berries

1 scoop vegan vanilla protein powder (optional)

1 teaspoon cinnamon

sweetener to taste (I used stevia but maple syrup or raw honey works too)

Method

1. Combine oats and 1 cup coconut milk in a bowl. Set overnight in the fridge.
2. In the morning, add oat mixture in a small pot and heat with the remaining 1/4 cup coconut milk. Cook on medium heat for 5 minutes.
3. Remove from heat and add remaining ingredients. Stir, top with goji berries and serve.