

TROPICAL OVERNIGHT OATS





SERVINGS
1



TIME
5 min*



GF



NF



SF

TROPICAL OVERNIGHT OATS

INGREDIENTS

1 cup (165 g) fresh or $\frac{3}{4}$ cup frozen mango (about $\frac{1}{2}$ a fresh mango), diced
 $\frac{1}{2}$ cup (45 g) old fashioned rolled oats
 $\frac{1}{2}$ cup (125 mL) plant-based milk**
1 Tbsp (7 g) chia seeds
1 Tbsp (15 mL) almond butter
 $\frac{1}{2}$ tsp pure vanilla extract

Optional Toppings

Fresh mango, kiwi or blueberries
Coconut yogurt
Toasted coconut flakes
Almond butter drizzle

DIRECTIONS

1. Combine all ingredients together in a mason jar or air-tight container and let sit overnight in the fridge.
2. The next morning, top with desired toppings and enjoy!

NOTES

- *Not including overnight refrigeration.
- ****Nutrition tip:** try to use a plant-based milk and yogurt that are fortified with calcium (offers approximately 120 mg calcium per 100 mL serving).
- **Storage:** keep in an air-tight container in the fridge for up to 2 days.