

# Chocolate Turmeric Overnight Oats

Servings: 1

## Ingredients:

- $\frac{3}{4}$  cup rolled oats, steel cut oats, or quick oats
- Water to cover the oats
- 1 tsp cacao powder or cocoa powder, unsweetened
- 1 tsp ground turmeric (if you are feeling adventurous or like you need an extra boost of healthy, add a second tsp of turmeric! but be sure to double up the cacao as well!)
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{2}$  tsp vanilla extract
- 1-2 tsp coconut nectar, maple syrup, or brown sugar

## Optional Toppings:

Cut up apple, banana, Raisins, mulberries, muesli, pumpkin seeds, granola, banana, blueberries...really anything!

## Directions:

1. If you are planning to bring this on the go, make sure you use a jar or container that is safe for travel.
2. Fill jar with  $\frac{3}{4}$  cup oats.
3. Cover the oats with water so that the water is  $\frac{1}{4}$ -  $\frac{1}{2}$  inch above the oats.
4. Add the rest of the ingredients except toppings into the jar. Seal the jar now shake it until the ingredients are mixed and stick it in the fridge!
5. If you are using something that can't be closed and shaken then you can use a whisk to mix it.
6. The next morning you can either pour it into a bowl and add topping OR you can put the toppings into the jar and take it on the go!