

Almond Butter & Berry Burst Overnight Oats

Ingredients

1

LeafSide Berry Medley sweet bowl

2/3 cup

rolled oats

2 tablespoons

almond butter
(recommend unsweetened & no oil added)

2 tablespoons

chia seed jam*

2 teaspoons

chia seeds

2 cups

plant milk
(recommend unsweetened)

Fly out the door in the morning by taking 5 minutes to make this convenient & reviving recipe the night before you dig in. Fiber-filled oats & quinoa are joined by the familiar flavors of savory nut butter & luscious jam to power you through your day with a variety of beneficial nutrients. Discover why this gratifying breakfast favorite has become an overnight taste sensation!

Makes 2-4 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ Tools Needed: container with lid

◇ Note: Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Berry Medley sweet bowl into a container with a lid; add oats, almond butter, jam, chia seeds, and plant milk.
2. Shake ingredients thoroughly and refrigerate for at least 4 hours.
3. Stir mixture & portion servings; top with fresh berries & nuts, along with more almond butter, jam, and plant milk if desired.

Other suggested toppings: sliced banana, peanut butter, cacao nibs, granola



If you prefer warm oats, microwave each serving for 45-60 seconds (add the toppings after heating).

20 Unique Whole Plant Foods

Tiny But Mighty

Chia seeds deliver 2,400 milligrams of omega-3 essential fatty acids (EFAs) per tablespoon. As mentioned earlier, most Americans consume far more omega-6s than omega-3s, and this imbalance increases disease risk. Eating chia seeds increases the amount of omega-3s and can help restore your EFA balance. Even better, chia seeds are 40% fiber, making them one of the best sources of healthy prebiotics for your gut microbiome, which in turn feeds your immune system and brain with short-chain fatty acids (SCFAs) you need. Remember to chew chia thoroughly, or toss in your blender, for maximum benefits from amazing SCFAs. ¹⁴

*see bonus recipes



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