



Berry Overnight Soaked Oats

Ingredients:

Mixed Berries	1 cup - frozen
Blueberries	1 cup - frozen
Banana	2 medium
Vanilla Extract	1 tsp
Honey, Agave or Maple Syrup	1 tbsp
Rolled Oats	3 cup
Chia Seed	¼ cup
Flaxseed	¼ cup
Water	2 cup

Serving size: This recipe will prepare 6-8 servings, depending on your portion sizes.

Prep time: 5 minutes

Cook time: 2 hours - overnight for oats and seeds to soften and absorb the liquids.

Instructions

- Place the banana, mixed berries, blueberries, agave (honey or maple), vanilla extract, and water into your vitamix.
- Slowly begin to blend your mixture, eventually bringing it up to a high speed for 20-30 sec.
- In a large mixing bowl place your dry ingredients; oats, flaxseed, chia seed, and cinnamon.
- Next, pour the berry mixture into the bowl with the dry ingredients and mix thoroughly until everything is mixed together.
- It might look a little watery but trust the process, those oats and seeds will start soaking up all of the liquids in the bowl and it will begin to settle, even after 30-60 minutes.
- Place in fridge for at minimum of 2 hours to let the oats and seeds soften.
- When your mixture is finished (2 hours - overnight), you can “meal prep” and scoop them into individual jars or just leave it in the bowl and scoop from there when it's time to eat.
- You can top off your soaked oats with additional fresh fruit, nuts, seeds, granola, nut butter or dried fruit, your choice!
- ENJOY!