



Overnight Oats

GG copycat recipe from Blue Zones Breakfast Ideas

- 1 cup rolled oats (not instant)
- 1-1/2 cups unsweetened plant-based milk (I used almond milk)
- 1 or 2 ripe bananas, peeled, sliced
- 1/2 teaspoon ground cinnamon
- 2 teaspoons maple syrup, optional
- 2 to 4 Tablespoons chopped walnuts, divided
- 3 Tablespoons mixed whole grains cereal, divided
- 4 fresh strawberries, stem removed, chopped, divided

- Mix the rolled oats with unsweetened almond or plant-based milk. (Always use roughly 1.5 times as much liquid as oats.)
- Cover the oatmeal and put it in the refrigerator overnight.
- The next morning, mash and mix in 1 or 2 bananas.
- Mix in cinnamon.
- Divide the mixture between 2 bowls.
- Drizzle maple syrup over each if desired. Top with chopped walnuts
- Optional: Top with mixed grain cereal and strawberries

Yield: 2 large or if desired 4 small servings

Cook's Note: We usually add 1 Tablespoon ground flax seed, ¼ teaspoon ground turmeric, and a dash of ground pepper to each bowl of oatmeal before adding the toppings.

Recipe from Blue Zones

Our mission is to empower everyone, everywhere, to live better, longer

About the Recipe: Extensive research has shown that oats and oatmeal are heart healthy, help lower cholesterol, and control weight. This easy-to-make breakfast dish is flavored with warm-spiced cinnamon, golden bananas, crunchy nuts, and fresh-from-the garden strawberries.

From Blue Zones:

Oats provide beta-glucan and why that is a good thing

A type of insoluble fiber called beta glucan helps produce cooked oatmeal's signature starchy viscosity. When you eat oatmeal, it coats your digestive tract, helping to slow digestion, improve blood sugar control, suppress appetite, and keep you feeling sated all morning long.....it has also been shown to increase the diversity of gut microbiota, which may help relieve digestive problems.

https://www.bluezones.com/2018/06/best-breakfast-ideas-for-eating-breakfast-like-a-king/?mc_cid=37e4eda921&mc_eid=2a24cf4e2d