



### **Overnight Oats**

*Serve oats for breakfast or as a snack.*

*(See recipes Oct. 2024)*

<https://www.gloriagoodtaste.com/wp-content/uploads/2024/10/Overnight-Oats.pdf>

**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. Oats are also a good source of tryptophan, which helps your body to produce melatonin to support a natural sleep cycle. So, this oat dish can also be served as a snack.

### **Recipe from Blue Zones**

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

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

**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. If eating this as a snack at night, avoid any spices that might have a stimulating effect.

**Yield:** 2 large or if desired 4 small servings