



## Porridge, Oats, N-oats, Puddings

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## Chia Oats with Kiwi

4 servings

10 minutes

### Ingredients

475 milliliters Water  
160 grams Oats (rolled)  
50 grams Chia Seeds  
2 Kiwi (chopped)

### Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

**Serving Size:** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavor:** Add cinnamon or maple syrup.

**Additional Toppings:** Add nuts, seeds and berries.



## Coconut Mango Pudding

5 servings

3 hours 10 minutes

### Ingredients

425 milliliters Canned Coconut Milk (full fat)  
20 grams Collagen Powder  
1 Mango (large, peeled & cubed, plus extra for garnish)  
2 tsps Raw Honey  
1 tbsp Bee Pollen (optional)

### Directions

- 1 Add all of the ingredients except the bee pollen to a blender and blend for at least one minute, until a smooth consistency is achieved. Scoop into bowls or jars, cover, and leave in the fridge overnight or for a minimum of three hours.
- 2 Garnish with bee pollen and extra mango, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1/2 cup.

**Additional Toppings:** Dried mango, shredded coconut, cacao nibs, or additional fruit, nuts, and/or seeds.

**Make it Vegan:** Use chia seeds in place of the collagen powder.





## Vanilla Rice Pudding

3 servings

45 minutes

### Ingredients

720 milliliters Unsweetened Almond Milk  
80 grams Maple Syrup  
2 tsps Vanilla Extract  
1/8 tsp Sea Salt  
100 grams Arborio Rice

### Directions

- 1 In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
- 2 Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
- 3 Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

**Serving Size:** One serving is approximately 2/3 cup of pudding.

**Nut-Free:** Use a nut-free milk instead, like coconut, oat or dairy.

**Additional Toppings:** Garnish with cinnamon, fresh or mashed berries or raisins.

**Cooking Temperature:** Adjust heat as necessary to maintain a gentle simmer throughout cooking.

**Consistency:** If the pudding is too thick, thin with additional almond milk until desired consistency is reached.





## Flaxseed Pudding

8 servings

1 hour

### Ingredients

210 grams Ground Flax Seed  
720 milliliters Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1 tbsp Cinnamon

### Directions

- 1 Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 2 Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately 1/2 cup of flax seed pudding.

**Additional Toppings:** Top with your favorite nuts, seeds and/or berries.



## Banana Pudding

4 servings

2 hours 10 minutes

### Ingredients

- 2 Banana (mashed)
- 1 tbsp Maple Syrup
- 300 milliliters Oat Milk (divided)
- 1 tbsp Arrowroot Powder
- 1/8 tsp Turmeric
- 1 tbsp Coconut Butter
- 1/4 tsp Vanilla Extract

### Directions

- 1 In a small saucepan, over medium heat combine the mashed banana, maple syrup, 3/4 of the milk and whisk well. Cook for three to four minutes, stirring occasionally.
- 2 In a small bowl, whisk the remaining milk with the arrowroot powder.
- 3 Stir the arrowroot/milk mixture into the saucepan and reduce the heat to medium-low. Add the turmeric and coconut butter and stir. Cook until thickened, another three to five minutes.
- 4 Remove from the heat and stir in the vanilla. Divide into jars and place in the fridge for two hours to thicken. Enjoy!

### Notes

**Leftovers:** Keep in a sealed container in the fridge for up to three days.

**Serving Size:** One serving is about 1/2 cup.

**No Coconut Butter:** Omit, or use peanut butter.

**Pudding Consistency:** To make it smoother, use a blender or immersion blender to purée.

**Additional Toppings:** Top with wafers, or chopped walnuts.



## Banana Baked Oatmeal

9 servings

1 hour 10 minutes

### Ingredients

205 grams Oats (rolled)  
50 grams Ground Flax Seed  
120 grams Walnuts (chopped, divided)  
4 Banana (small, very ripe, mashed)  
105 grams Maple Syrup  
360 milliliters Unsweetened Almond Milk  
1 tsp Vanilla Extract  
1/4 tsp Sea Salt  
3/4 tsp Cinnamon (optional)

### Directions

- 1 Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
- 2 In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
- 3 Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
- 4 Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
- 5 Let cool slightly before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Baked oatmeal is easier to cut into squares when cooled fully.

**Serve it With:** Sliced banana, more walnuts, nut butter, shredded coconut, melted coconut butter or chia jam.

**Baking Dish:** A 9 x 9 inch ceramic baking dish was used to create the standard nine servings.

**Banana:** Four bananas are equal to approximately 1.5 cups of mashed banana.





## Berry Baked Oatmeal

6 servings

45 minutes

### Ingredients

160 grams Oats (quick or traditional)  
480 milliliters Unsweetened Almond Milk  
2 tbsps Maple Syrup  
120 grams Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
375 grams Frozen Berries  
35 grams Sliced Almonds

### Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

**No Applesauce:** Use mashed banana instead.

**No Almonds:** Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



## Cinnamon Pear Oatmeal

1 serving

15 minutes

### Ingredients

- 1/2 Pear (sliced)
- 1/8 tsp Cinnamon
- 40 grams Oats (rolled)
- 235 milliliters Water
- 2 tbsps Pecans (roughly chopped, optional)
- 1 tbsp Almond Butter (optional)

### Directions

- 1 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 2 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 3 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

**Nut-Free:** Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

**More Flavor:** Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

**Additional Toppings:** Sweeten with a drizzle of maple syrup.



## Oatmeal Berry Jars

1 serving  
8 hours 5 minutes

### Ingredients

40 grams Oats (rolled or quick)  
120 milliliters Unsweetened Almond Milk  
95 grams Frozen Berries

### Directions

- 1 Add the oats to a jar along with the milk and berries. Stir to combine. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy hot or cold.

**More Flavor:** Add cinnamon, sweetener of choice, or vanilla extract.

**Additional Toppings:** Nut butter, chia seeds, chopped nuts, granola, or more berries.





## Paleo Carrot Cake Porridge

1 serving  
25 minutes

### Ingredients

140 grams Butternut Squash (peeled)  
1 Apple (cored)  
1 Carrot (small, peeled)  
180 milliliters Water  
120 milliliters Canned Coconut Milk  
(full fat)  
1 1/2 tsps Maple Syrup  
3/4 tsp Cinnamon  
1/2 tsp Vanilla Extract  
1/4 tsp Ground Ginger

### Directions

- 1 Using the coarse shred side of a box grater, grate the butternut squash and apple. Using the fine shred side of the box grater, grate the carrot.
- 2 Transfer the shredded vegetables to a pot with the water and coconut milk over medium heat. Bring to a gentle boil and cook for 10 to 12 minutes or until the squash is tender.
- 3 Add in the maple syrup, cinnamon, vanilla and ginger and stir to combine. Continue to cook for 3 to 5 minutes more or until the porridge becomes thick and creamy. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 2 cups.

**More Flavor:** Add nutmeg, clove or a pinch of salt.

**Additional Toppings:** Top with additional maple syrup or cinnamon, raisins, chopped walnuts or chopped pecans.

**No Squash:** Use sweet potato instead.

**No Maple:** Use another liquid sweetener instead.



## Banana Buckwheat Porridge

4 servings

15 minutes

### Ingredients

165 grams Buckwheat Groats  
475 milliliters Water  
1 tbsp Maple Syrup  
1 tbsp Cinnamon  
480 milliliters Unsweetened Almond Milk  
1 Banana (sliced)  
50 grams Almonds

### Directions

- 1 In a medium pot, combine the buckwheat groats and water. Bring to a gentle simmer. Cover with a lid and cook for 18 to 20 minutes or until the water is absorbed.
- 2 Add the maple syrup and cinnamon and mix until combined. Divide the buckwheat evenly between bowls. Divide the almond milk evenly between bowls and pour over top. Add bananas and almonds on top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 1 cup of buckwheat.

**Nut-Free:** Use sunflower or pumpkin seeds instead.

**Additional Toppings:** Blueberries or raspberries.



## Savory Quinoa Porridge

1 serving  
20 minutes

### Ingredients

475 milliliters Water  
45 grams Quinoa (uncooked)  
20 grams Quick Oats  
1 stalk Green Onion (large, sliced)  
1 tsp Nutritional Yeast  
1/4 tsp Dried Thyme  
1/4 tsp Sea Salt  
1 tsp Extra Virgin Olive Oil  
1 Egg

### Directions

- 1 Add the water and quinoa to a pot over medium-high heat. Bring to a boil then reduce heat to low and cover with a lid. Simmer for about 10 minutes or until quinoa is just tender.
- 2 Remove the lid and increase the heat to medium. Add the oats, green onion, nutritional yeast, thyme and salt. Stir to combine and bring to a bubble.
- 3 Once bubbling, continue to cook, stirring often, until the oats are tender and porridge has thickened, 3 to 5 minutes. Season with additional salt if needed and let the porridge cool slightly.
- 4 Heat the oil in a small pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Season with salt, if needed.
- 5 To serve, transfer the porridge to a bowl and top with the cooked egg. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with additional water until desired consistency is reached.

**More Flavor:** Add garlic powder or fresh herbs.

**Additional Toppings:** Top with sliced green onions, fresh parsley, black pepper or nutritional yeast.

**Make it Vegan:** Omit the egg.





## Banana Mango Chia Pudding

4 servings

30 minutes

### Ingredients

- 65 grams Chia Seeds
- 425 milliliters Canned Coconut Milk
- 2 1/2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Mango (cubed)
- 1 Banana (sliced)

### Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with mango and banana. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Additional Toppings:** Top with coconut flakes.



## Carrot Cake Chia Pudding

2 servings

3 hours

### Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 480 milliliters Unsweetened Almond Milk
- 95 grams Chia Seeds
- 30 grams Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy:** Replace half of the almond milk with full-fat canned coconut milk.



## Zesty Lemon Chia Pudding

4 servings

4 hours

### Ingredients

840 milliliters Unsweetened Almond Milk  
120 milliliters Lemon Juice  
2 tbsps Maple Syrup (or honey)  
2 tsps Vanilla Extract  
190 grams Chia Seeds

### Directions

- 1 In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
- 2 To serve, divide between bowls or mason jars. Enjoy!

### Notes

**Optional Toppings:** Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

**Leftovers:** Keeps well in the fridge for 3 to 4 days.





## Warm Apple Chia Pudding

1 serving  
10 minutes

### Ingredients

- 3 tbsps Chia Seeds
- 180 milliliters Unsweetened Almond Milk
- 1/4 tsp Cinnamon
- 1 Apple (cored and diced)
- 2 tbsps Pecans
- 1 tbsp Almond Butter
- 1 tsp Bee Pollen (optional)

### Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge in an air-tight container up to 3 to 4 days.

**No Heat:** Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

**Nut-Free:** Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.



## Blackberry Chia Pudding

2 servings

25 minutes

### Ingredients

240 milliliters Unsweetened Almond Milk  
145 grams Blackberries  
1 tbsp Maple Syrup  
1/2 tsp Vanilla Extract  
50 grams Chia Seeds

### Directions

- 1 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Granola, nuts, seeds, yogurt.

**Nut-Free:** Use oat milk or coconut milk instead of almond milk.



## Pineapple Chia Pudding

2 servings

35 minutes

### Ingredients

120 milliliters Canned Coconut Milk  
120 milliliters Pineapple Juice  
50 grams Chia Seeds  
1/2 Lime (zested)  
55 grams Pineapple (chopped)  
1 tbsp Mint Leaves (chopped, optional garnish)

### Directions

- 1 Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
- 2 Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Coconut flakes.

**Likes it Sweeter:** Add honey or maple syrup.





## Turmeric Chia Pudding

2 servings

3 hours 5 minutes

### Ingredients

240 milliliters Unsweetened Almond Milk  
1/2 tsp Turmeric  
1/2 tsp Cinnamon  
1/4 tsp Ground Ginger (optional)  
1 tbsp Maple Syrup  
50 grams Chia Seeds

### Directions

- 1 Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Stir well then divide between bowls or jars. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Nut-Free:** Use a nut-free milk like cow's milk, coconut milk, or oat milk.

**More Flavor:** Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

**No Maple Syrup:** Use honey or another sweetener of choice instead.



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

180 milliliters Canned Coconut Milk  
180 milliliters Water  
50 grams Chia Seeds  
1 tsp Vanilla Extract

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Matcha Chia Pudding

3 servings

15 minutes

### Ingredients

365 milliliters Canned Coconut Milk  
(full fat, refrigerated overnight)  
240 milliliters Unsweetened Almond  
Milk  
2 tsps Green Tea Powder  
50 grams Chia Seeds  
1/2 Avocado  
3 tbsps Maple Syrup

### Directions

- 1 Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
- 2 Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
- 3 Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!

### Notes

**Toppings:** Top with chopped fruit, hemp seeds, crushed nuts, dried fruit, shredded coconut or coconut chips.

**Leftovers:** Refrigerate chia pudding in an air-tight container for 3-5 days.

**No Maple Syrup:** Use honey or dates to sweeten instead.





## Peach Chia Pudding

2 servings  
3 hours 5 minutes

### Ingredients

240 milliliters Oat Milk  
1 tbsp Maple Syrup  
1/2 tsp Vanilla Extract  
50 grams Chia Seeds  
75 grams Frozen Peaches (thawed and chopped)

### Directions

- 1 In a mixing bowl combine the oat milk, maple syrup, and vanilla. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Divide between jars or bowls, top with the chopped peach, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Additional Toppings:** Shredded coconut, chopped nuts, or more fruit.

**No Maple Syrup:** Use honey or another sweetener of choice instead.

**No Frozen Peaches:** Use fresh peaches or another fruit instead.



## Masala Chai Overnight Oats

2 servings

8 hours

### Ingredients

80 grams Oats  
240 milliliters Plain Coconut Milk  
(unsweetened from the carton)  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tsp Vanilla Extract  
1/2 tsp Masala Chai Spice  
1/2 Banana (sliced, for garnish)  
2 tbsps Unsweetened Coconut Yogurt  
(for garnish)  
1/8 tsp Cinnamon (for garnish)

### Directions

- 1 In a bowl, add all of the ingredients, except those used as a garnish, and mix well to combine. Taste and add more masala chai spice if desired.
- 2 Divide evenly between jars and refrigerate overnight. When ready to eat, top with banana slices, coconut yogurt, and cinnamon, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately one cup.

**No Coconut Milk:** Use cow's milk or any other milk alternative.

**More Protein:** Add protein powder or collagen powder.



## Pear Spice Overnight Oats

4 servings

8 hours

### Ingredients

480 milliliters Plain Kefir  
235 milliliters Water  
160 grams Oats (rolled)  
2 tbsps Raw Honey  
1 tsp Cinnamon  
1 tsp Ground Allspice  
2 tbsps Chia Seeds  
2 Pear (sliced and divided)  
60 grams Tahini

### Directions

- 1 In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
- 2 In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Toppings:** Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

**Dairy-Free:** Use coconut milk kefir or any alternative milk instead.

**No Pears:** Use apples instead.





## Strawberry Overnight Oats

2 servings

8 hours

### Ingredients

40 grams Oats  
120 milliliters Unsweetened Almond Milk  
70 grams Strawberries (chopped, plus extra to garnish)  
55 grams Unsweetened Coconut Yogurt  
1 tbsp Maple Syrup  
1/2 tsp Vanilla Extract

### Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup.

**No Coconut Yogurt:** Use Greek yogurt or plain cow's milk yogurt instead.



## Blueberry Overnight Oats

4 servings

8 hours

### Ingredients

120 grams Oats  
360 milliliters Unsweetened Almond Milk  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tsp Cinnamon  
120 milliliters Water  
150 grams Blueberries  
145 grams Slivered Almonds

### Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.



## Raspberry Overnight Oats

4 servings

8 hours

### Ingredients

120 grams Oats (rolled)  
480 milliliters Unsweetened Almond Milk  
25 grams Ground Flax Seed  
1 tsp Cinnamon  
245 grams Raspberries (fresh or frozen, thawed)

### Directions

- 1 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

**Nut-Free:** Use a nut-free milk such as oat or soy.

**No Rolled Oats:** Use quick oats instead.





## Cardamom Overnight Oats

2 servings

8 hours

### Ingredients

- 80 grams Oats (rolled)
- 480 milliliters Plain Coconut Milk (unsweetened, from the carton)
- 2 tbsps Chia Seeds
- 1 tbsp Cardamom (ground, divided)
- 1 Apple (large, peeled, and diced)
- 2 tsps Cane Sugar

### Directions

- 1 In a medium bowl, combine the oats, coconut milk, chia seeds, and half of the cardamom. Stir well to combine. Cover and place in the fridge overnight, or for at least eight hours.
- 2 Once the oats have set, combine the diced apples, cane sugar, and remaining cardamom in a small saucepan. Cook for two to three minutes or until the apples have softened.
- 3 Remove the oats from the fridge. Divide into bowls and spoon the diced apple on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the oats in an airtight container for up to four days. Cook the apples just before serving.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Add fresh figs and/or blueberries.

**No Cane Sugar:** Use maple syrup or honey instead.



## Classic Overnight Oats

4 servings

8 hours

### Ingredients

120 grams Oats (rolled)  
360 milliliters Plain Coconut Milk (from the carton)  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tsp Cinnamon  
120 milliliters Water

### Directions

- 1 Add the oats, coconut milk, chia seeds, maple syrup, cinnamon and water in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Store in the fridge until ready to eat. Enjoy hot or cold!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Additional Toppings:** Fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.



## Quinoa Overnight Oats

4 servings

3 hours 30 minutes

### Ingredients

45 grams Quinoa (dry)  
80 grams Oats (rolled or quick)  
3 tbsps Chia Seeds  
1 1/2 tsps Cinnamon  
600 milliliters Oat Milk  
3 tbsps Maple Syrup  
1 tsp Vanilla Extract

### Directions

- 1 In a small pot, cook the quinoa according to package directions. Let the quinoa cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the cooked quinoa with the oats, chia seeds, and cinnamon. Stir in the oat milk, maple syrup, and vanilla extract, and mix well. Cover and refrigerate for at least three hours or overnight.
- 3 Divide between bowls or jars and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 3/4 cup.

**Additional Toppings:** Extra cinnamon, nut butter, or fresh fruit.

**No Oat Milk:** Use cow's milk or another milk alternative, like almond milk.

**No Maple Syrup:** Use honey or another sweetener of choice.

**Likes it Less Sweet:** Use less maple syrup to adjust sweetness to taste.





## Yogurt Overnight Oats

2 servings

8 hours

### Ingredients

225 grams Plain Greek Yogurt  
120 milliliters Cow's Milk, Whole  
2 tsps Maple Syrup  
1 tsp Vanilla Extract  
40 grams Oats  
70 grams Blackberries  
60 grams Raspberries

### Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately one cup.

**Make it Vegan:** Use plant-based yogurt and milk of choice.

**Additional Toppings:** Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



## Matcha Overnight Oats

2 servings

8 hours

### Ingredients

80 grams Oats (rolled)  
300 milliliters Unsweetened Almond Milk  
1/2 tsp Green Tea Powder  
2 tbsps Chia Seeds  
1/2 tsp Vanilla Extract  
1 Banana (sliced)

### Directions

- 1 Add the oats, almond milk, green tea powder, chia seeds, and vanilla extract together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with the banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Nut-Free:** Use a nut-free milk such as oat or soy.

**No Banana:** Use mixed berries instead.

**Additional Toppings:** Top with almond butter.



## Chocolate Peanut Butter Overnight N'Oats

1 serving

3 hours

### Ingredients

240 milliliters Unsweetened Almond Milk  
2 tbsps All Natural Peanut Butter  
2 tbsps Cocoa Powder  
1/4 tsp Stevia Powder (or to taste)  
3 tbsps Chia Seeds  
1 1/2 tbsps Ground Flax Seed  
1 1/2 tbsps Unsweetened Shredded Coconut (plus more for topping)

### Directions

- 1 Add all ingredients to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 2 Stir well before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use oat milk instead of almond milk and sunflower seed butter instead of peanut butter.

**Additional Toppings:** Cacao nibs, chopped peanuts, chopped strawberries, and/or sea salt.

**No Stevia Powder:** Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.





## Chocolate Banana Cauliflower N'Oats

1 serving  
20 minutes

### Ingredients

85 grams Cauliflower Rice  
180 milliliters Unsweetened Almond Milk  
1 1/2 tbsps Chia Seeds  
1 tbsp Cacao Powder  
2 tbsps All Natural Peanut Butter (divided)  
1/8 tsp Sea Salt  
1/2 Banana (sliced)  
1 tbsp Cacao Nibs

### Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Nut-Free:** Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

**More Flavor:** Add cinnamon or maple syrup.

**More Protein:** Add collagen or protein powder.

**No Cacao Powder:** Use cocoa powder instead.

**No Banana:** Top with berries instead.



## Carrot & Banana N'Oatmeal Bake

6 servings

1 hour

### Ingredients

425 milliliters Canned Coconut Milk  
3 Banana (medium, ripe, mashed)  
30 grams Coconut Flour  
1/2 tsp Baking Soda  
6 Carrot (medium, shredded)  
60 grams Unsweetened Shredded Coconut (plus more for garnish)  
85 grams Raisins

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 3 Garnish with shredded coconut (optional). Slice and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

**Serving Size:** One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

**Additional Toppings:** Walnuts, whipped coconut cream, yogurt, or ice cream.

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.





## Pumpkin Spice N'Oatmeal

2 servings

10 minutes

### Ingredients

370 grams Pureed Pumpkin  
1 Banana (ripe, mashed)  
80 milliliters Canned Coconut Milk  
25 grams Unsweetened Shredded Coconut (plus extra for topping)  
1/2 tsp Cinnamon  
35 grams Blueberries  
2 tsps Maple Syrup

### Directions

- 1 In a medium pot, stir together pureed pumpkin, banana, coconut milk, shredded coconut, and cinnamon. Cook on medium heat for five minutes, until cooked through and thickened.
- 2 Serve in bowls and top with blueberries, maple syrup, and shredded coconut. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat or enjoy cold.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Use toasted shredded coconut.





## Overnight Paleo N'Oats

3 servings

5 minutes

### Ingredients

145 grams Almonds (raw)  
65 grams Pumpkin Seeds (raw)  
1 tbsp Ground Flax Seed  
2 tbsps Chia Seeds  
360 milliliters Unsweetened Almond Milk  
1/4 tsp Cinnamon (ground)  
3 tbsps Pomegranate Seeds  
3 tbsps Cacao Nibs  
3 tbsps Almond Butter

### Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

### Notes

**Reheating:** Reheat on the stovetop in a pot over low heat until warmed through.

**Leftovers:** Store in an airtight jar in the fridge up to 5 days.

**More Toppings:** Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

**Likes it Sweet:** Drizzle with maple syrup or honey.

**No Almond Milk:** Use any other type of milk instead.