

Overnight Oatmeal

Submitted By: David Kennedy Time: 15 min.

Instructions

1. Mix all the ingredients thoroughly in an airtight container and place in the fridge overnight
2. Add berries the next morning for a delicious start to the day
3. Warm up in the microwave for about 2 minutes before you eat

Ingredients

1/2 c oatmeal,
1/2- 3/4 c. almond or cashew milk
1/2 tbsp. cinnamon
1 tsp. nutmeg
2 tbsp. chopped nuts (pecans, almonds, cashew, etc.),
protein powder (if desired)

Notes:

There are many variations to this recipe and you can add or subtract your favorite ingredients to customize it to your taste.