

Summer Porridge

Ingredients:

- ¼ cup oats (uncooked, can be old fashioned or quick oats)
- ½ cup almond milk
- 2 tsp chia seeds

Optional: Add your favorite fruit, nuts, honey or maple syrup

Directions:

1. Place all the ingredients in a jar (like a mason jar with a lid), shake, cover and refrigerate overnight (or at least 6 hours). Use within 4 days. Add your favorite crunchy toppings and fruit and enjoy!

Nutrition: 1 serving (1 jar): 250 kcals, 9 grams fiber, 12 grams protein

Flavor options

Apple Pecan:

- ¼ c. Finely Diced Apple
- 3 pecans, chopped
- ½ tsp cinnamon

Apricot Ginger:

- Splash of Almond Extract (about 2 drops)
- 3 dried apricots, diced or 1/3 c. fresh diced
- ½ tsp finely minced crystallized ginger

Chocolate Banana:

- 1 Tbsp Cocoa
- ¼ c- 1/3 c diced fresh banana
- 1 Tbsp Chopped Walnuts

Banana Almond:

- 1 Tbsp chopped sliced almonds
- 1/4 c- 1/3 c diced fresh banana

Blueberry Maple:

- 1/4-1/3 cup fresh blueberries
- 2 tsp maple syrup

Chocolate Covered Cherry:

- 1 Tbs. dark chocolate, chopped into tiny pieces
- 1/4 c. fresh cherries, quartered

Cranberry Pecan:

- 2 Tbsp dried cranberries
- 1 Tbsp Chopped Pecans
- tiny dash ground cloves

Espresso:

- 1 tsp baking cocoa powder
- 1 tsp instant espresso powder (dissolved in 1 T hot water)

Harvest Peach:

- 1/4-1/3 cup peaches, diced
- 1/2 tsp cinnamon

Mandarin Orange:

- ¼ c. mandarin orange segments

Mango Almond:

- 1/4 tsp almond extract
- 1/4 c. diced fresh mango

Peach Melba:

- 1 Tbsp raspberries
- 1/4 c- 1/3 c peaches finely chopped

Strawberry:

- 1/3 cup strawberries

Vanilla Raspberry:

- 1 Tbsp raspberry jam
- ¼-1/3 c. fresh raspberries (to fill the jar)
- Splash of vanilla extract

Tropical Delight:

- 1/3 cup fresh or canned pineapple cut up small