

Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

More Protein

Add extra hemp seeds

Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Organic Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

Nutrition

Amount per serving

Calories	397	Cholesterol	0mg
Fat	25g	Sodium	27mg
Saturated	16g	Vitamin A	10IU
Carbs	35g	Vitamin C	42mg
Fiber	6g	Calcium	81mg
Sugar	8g	Iron	3mg
Protein	10g		