

# Overnight Berry Oats

## Ingredients:

3 Cups Rolled Oats  
Berries (the amount and type will vary depending on what you like)  
2 Cups of Unsweetened Plant Milk  
4 Medjool Dates, diced  
Salt, pinch  
A few extra berries for garnish



## Spices:

Cinnamon, dash  
Vanilla Extract, splash

## You'll Need:

4, 1 Pint Jars  
Measuring Cups/Spoons  
Long Handled Utensil (needs a blunt end)  
Spoon  
Cutting Board or Mat  
Knife

Cook Time: Approximately 45 minutes

Makes: 4 Servings

## Instructions:

1. Dice up the largest and toughest of your berries (or other fruit if you are using another type). I used about 4 large strawberries. Add them to the bottom of your jars.
2. Dice up the dates and add them to the jars.
3. Muddle these a little first since they will be harder than the other pieces.
4. Once those are muddled a bit, go ahead and add in your other berries (or other fruit) that is softer. I used blueberries and raspberries. Use what you like in the quantity you like.
5. Muddle all the berries/fruit together a bit. Make sure that juices are coming out but that you still have some good chunks.
6. Now add the oats, dash or two of cinnamon, and very small pinch of salt to each jar.
7. Using your spoon, mix these ingredients very well. This should further muddle your berries as you go. No need to be gentle here. Make sure everything is well combined.
8. Add about 1/2 cup of milk and the splash of vanilla to your jars.
9. If you intend to use an additional sweetener, add it now.
10. Stir to combine all ingredients well.
11. Flatten the oat mixture out, slice your reserved fruit if needed, and position them on top. (I sliced my strawberries)
12. Gently add a small amount of milk over the top for a covering and a little added moisture.
13. Place the jars in the refrigerator at least overnight. These can be enjoyed for up to 3 days.

## Serving Suggestions:

I like to serve these right in the jar with a little bit of roasted pecan or peanut butter, flax seed, and a touch of maple syrup.

## \*Notes:

Add more milk you like yours softer and adjust the vanilla to your liking. I like my oats with a tiny bit of tooth left.

Go crazy! Mix and match your berries or other fruit. Make some monofruit jars. Make some with different spices (like cocoa or chocolate). Anything goes! Have fun!

The fruit on top serves as both a garnish and label! This lets you know what fruit is in a particular jar.