# Overnight Oats with Fruit

Adopted from:

https://my.forksmealplanner.com/recipe/1306/overnight-oats-with-cantaloupe

### INGREDIENTS

( marks weekend prep items)

5 fl oz unflavored plant milk (≈2⁄3 cup)

1⁄3 cup rolled oats

1 tablespoon chia seeds

1 1⁄2 teaspoons pure maple syrup

1⁄2 teaspoon pure vanilla extract

1 dash ground ginger

1 pinch sea salt

#### FOR SERVING

1 cup cantaloupe or fruit of your choice

 diced (see tip)

3 oz blueberries (≈1⁄2 cup) or fruit of your choice

1 tablespoon roasted walnuts (optional) chopped

### RECIPE TIPS

**Cantaloupe:** If you are purchasing whole cantaloupe, note that 1 medium cantaloupe yields about 3 cups diced.

**Unflavored Plant Milk:** Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.**Chia Seeds:** Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.**Pure Maple Syrup:** Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

op gently gingered overnight oats with cooling cantaloupe for a refreshing change to your breakfast routine.

Allow at least 4 hours extra to chill the oats if you are making this recipe from start to finish in one day.

**1**

**PREPARE OATS**

In a bowl or a jar, combine **plant milk**, **oats**, **chia seeds**, **maple syrup**, **vanilla**, **ginger**, and **salt**; stir well. Cover and chill in the refrigerator overnight (or for at least 8 hours).

**2**

**ASSEMBLE & SERVE**

Serve with **cantaloupe**, **blueberries**, and **roasted walnuts**, if desired.