

MAPLE ALMOND OVERNIGHT OATS



These easy and healthy Maple Almond Overnight Oats are gluten-free and vegan.

- Serves 1
- 5 mins prep, 6 hrs chill

INGREDIENTS:

- ½ cup gluten-free rolled oats
- 1 cup almond milk
- 2 tbsp chia seeds
- 2 tsp maple syrup
- ½ cup Grain-Free Maple Almond Granola
- 1 banana, sliced
- ½ carton of blueberries

DIRECTIONS:

1. Mix oats, almond milk, chia seeds, and maple syrup together. Cover or store in an air-tight container overnight in fridge.
2. Remove from fridge, stir, and top with granola, banana and blueberries.

Posted under [Overnight Oats](#) by [Samantha Gutmanis](#) on December 17, 2018
<https://www.naturespath.com/en-us/recipes/maple-almond-overnight-oats/>

