

OVERNIGHT CHAI OATS

Prep time: 5 minutes (plus 8 hours inactive) | Cook time: 5–10 minutes | Total time: 15 minutes (plus 8 hours inactive)

Makes: 1 serving (about 1 cup or 240 ml)

Note: Double recipe for 2 people

½ cup (40 g) dry gluten-free rolled oats

1 cup (240 ml) fortified nondairy milk of choice (almond, hemp, rice, etc.)

1 Medjool date, pitted and chopped

¼ teaspoon ground cinnamon

⅛ teaspoon ground ginger

Pinch of ground cardamom

2 tablespoons flaked or shredded unsweetened coconut

1. Put all ingredients in your work area and read recipe before starting your prep.
2. Combine the oats, nondairy milk, chopped date, cinnamon, ginger, and cardamom in a bowl or a glass storage container. Cover and place in the refrigerator overnight, or for at least 8 hours.
3. In the morning, transfer the mixture to a small saucepan and cook over medium-low heat for 2–5 minutes, or until the oats are thickened to your liking. Top with the coconut and serve. Alternately, you can enjoy the soaked oats cold, topping with coconut before serving.

Recipe inspired by: CSY Kris Carr