

Gingerbread Overnight Oats

With the holiday season in full swing, special foods and treats are in abundance. Although there is value in making space for holiday foods onto your plate, the recommended approach is still within moderation. If you are looking for a compromise between delicious holiday flavors but also not negatively impacting your individual health goals, here is a nutrient-rich overnight oat recipe to try for yourself, or to make in bulk for a breakfast potluck!

Gingerbread Overnight Oats

1/2 cup instant oats
1 TBSP chia seeds
1/2 tsp. cinnamon
1/4 tsp. ginger
1 tsp. molasses
1-2 tsp honey
¾ cup milk (low fat or milk alternative)
1/2 tsp. vanilla extract



Directions

1. Place dry ingredients into a Tupperware container
2. Add liquid ingredients and mix with a spoon
3. Place cover on Tupperware and store in the refrigerator over night
4. Heat in the microwave for 1-2 minutes and enjoy!