

GOLDEN MILK OVERNIGHT OATS

2 servings | prep time 10 minutes | total time 5 hours overnight

INGREDIENTS

Golden Milk:	Oats:
4 tbsp blue agave	1 1/3 cups old-fashioned rolled oats (gluten free available in most major grocery stores)
1 1/2 tsp ground turmeric	3 tbsp chia seeds
1/2 tsp ground ginger	1 1/2 cup golden milk
1/2 tsp ground cardamom	fresh strawberries
1 tsp ground cinnamon	fresh raspberries
4 tbsp boiling water	coconut shreds
1 cup oat milk	
1 cup coconut milk	

DIRECTIONS

In a medium bowl, combine agave, turmeric, ginger, cardamom and cinnamon, whisk together.

Slowly whisk in boiling water to dissolve the agave. Then, whisk in oat milk and coconut milk. Taste to check if it is to your liking. Add more agave in boiling water if you'd like the milk to be sweeter. Then mix into milk.

Combine oats and chia seeds in a pint canning jar and then shake. Pour the golden milk into the jar and shake until everything is combined. Chill overnight or keep in fridge up to 3 days.

To serve, top with strawberries, raspberries, coconut shreds. Drizzle some blue agave for a sweeter taste.

Recipe notes: You may end up with extra milk at the end. Store it in the fridge for up to 5 days. Enjoy cold or hot.