

HEALTH BENEFITS

ROLLED OATS are high in the soluble fiber beta-glucan, which helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria, and increases satiety.

FLAXSEED especially when milled, is high in fiber, high in omega 3 fatty acids, and contains essential amino acids. Flaxseed is full of plant-based estrogen called lignans, a powerful antioxidant that reduces inflammation, lowers plaque build-up in the arteries, and helps manage hormonal imbalances.



CINNAMON is an excellent source of manganese and fiber and a very good source of calcium. Additionally, cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

SOAKED OATS & CHIA

MAKES 2 SERVINGS

INGREDIENTS

3/4 cups gluten free rolled oats
2 tablespoons chia seeds
2 tablespoons ground flax
1/4 teaspoon cinnamon
2 cups almond milk, unstrained

TO SERVE

Fresh berries or fruit
Homemade almond milk
Maca root powder
Hemp seeds, optional

DIRECTIONS

Combine the oats, chia, flax, and cinnamon in a bowl; mix well.

Pour in almond milk and stir until everything is evenly combined.

Set aside for 20-30 minutes at room temperature or store in a jar and place in the fridge for 8 to 12 hours.

The mixture will keep for up to 4 days in the fridge.

Serve topped with berries, a splash of almond milk, and a teaspoon of maca root powder.

Add hemp seeds if you would like