

DR. KAHN'S

BREAKFAST OVERNIGHT OATS

Recipe Courtesy: Dr. Joel Kahn, author "The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health"

Ingredients:

1/2 cup rolled oats

2/3 cup plant milk

1/2 teaspoon vanilla extract

Dash of maple syrup (optional)

Toppings of your choice: cinnamon, raisins, nuts, fruit (for serving)

Instructions:

1. Combine all the ingredients together in small bowl.
2. Let it sit covered in the refrigerator overnight.
3. Serve with toppings.

Note: I use small glass bowls that come with lids. I make several individual servings at a time and stack them on the top shelf of the refrigerator. Get creative. I often add apple butter, nut butter, or a fruit jam to the oatmeal.