



Laura's Recipe Corner

Great Recipes from Laura McKay!

Valentine's Day Overnight Oats with Raspberry Chia Jam

<http://borntosweat.co/valentines-day-overnight-oats-breakfast/>

Everything needs to be made the night before so the jam has time to cool, and the oats/milk chia seeds can soak everything up. The jam can be made with fresh or frozen raspberries, but I definitely recommend fresh raspberries for on top (if you have em, and they aren't \$6 a box). And you can use any sort of toppings you like, but I preferred cacao chips. They're totally bitter and strange to eat on their own, but sprinkled on top of this breakfast they blend right in!

Prep time: 15 mins; Cook time: 8 hours; Serves: 2

Ingredients:

Raspberry Jam:

- 1 cup frozen/fresh raspberries
- 1 tsp coconut oil
- 1 tbsp chia seeds
- 1 tbsp honey or maple syrup

Overnight Oats:

- 1 cup oats
- 2 tbsp chia seeds
- 3/4 cup almond milk
- 1 tbsp honey/other sweetener



Instructions:

1. For the jam, place your raspberries and coconut oil in a saucepan on medium heat. Stir until the berries have turned mushy and the juices are coming out, about 4-5 minutes. Add the honey/syrup and chia seeds. Keep stirring until it reaches your desired consistency and then remove from heat. Allow to cool down and then scoop into a container/jar and place in fridge
2. For the overnight oats, combine the oats, chia seeds, almond milk and sweetener in a bowl. Mix together until everything is interspersed (especially the chia seeds).
3. Place in fridge for 6-8 hours.
4. Before eating, scoop about 1/3 cup into a mason jar. Add a layer of raspberry jam and another layer oats. Add a final layer of jam and top with fresh raspberries, cacao nibs, and whatever toppings you desire.

**You have some flexibility with the sweeteners and alternative milk that you choose to use. Carob chips or chocolate chips are also another topping idea. -Laura McKay, B.S., Health Educator*

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