**Turmeric Tropical Overnight Oats**

Total: 6 hours 5 min  
Prep: 5 min  
Non-Cook Time: 6 hours  
Yield: 2 servings

**Ingredients:**

1 cup of regular oats (not steel cut OR instant)  
1 cup of canned coconut milk  
1 tablespoon of chia seeds  
1 teaspoon of turmeric  
1 teaspoon of vanilla extract or other extract of your choice

**Toppings**

1/4 cup diced mango (optional)  
1/4 cup diced mandarin, clementine, or blood orange (optional)  
1/4 cup diced pineapple (optional)  
2 tablespoons of unsweetened shredded coconut or coconut chips  
1/4 tsp date syrup

**Instructions:**

1. Combine everything but the toppings into a medium sized bowl.  
2. Stir and divide into 2 containers and cover it with a lid or saran wrap.  
3. Refrigerate for at least 6 hours or until it's set.  
4. Add desired toppings when you are ready to eat.