

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.

