



Coconut, Banana Overnight Oats

Yields: 500mL or 1 portion

Measurement	Ingredient
1 cup	Rolled, Quick Oats
1 can	Coconut Milk
3 tbsp	Chia Seed, Black
1 tsp	Vanilla Extract
Pinch	Salt
½	Banana
2 tbsp	Maple Syrup or Agave Syrup

Procedure

In a blender, pulse dry quick oats on high speed until oats resemble a sand consistency

Add the oats to a medium sized bowl and add coconut milk, chia seed, vanilla, salt and maple syrup. Stir until combined

Cover the Bowl and place in fridge for 4 hours or overnight for best results

Next, add the mixture back into your blender and add your bananas and blitz on high speed until smooth

****If mixture appears to be too thick in consistency, add a couple tbsp. of coconut milk****

To assemble, add your Overnight Oats to your favorite bowl and garnish with the below ingredients

Measurement	Ingredient
1/2	Sliced Banana
1 tbsp	Dark Chocolate
1 tbsp	Toasted Coconut
1 tsp	Chia Seed, Black
Handful	Blueberries



Notes from the Chef,

This is a great go-to breakfast or energizing snack that is super easy to make! Not to mention its Vegan!

Feel free to switch up the garnishes to whatever you may have on hand that would complement. Some suggestions could be sliced strawberries, flax seed, toasted pumpkin seeds, walnuts, white chocolate, almond butter.

****This dish can keep in your fridge in a tightly seal container for 4 days after being made****

Enjoy and stay safe,

David Gibson

Executive Sous Chef – Outlets