



## Healthy Cookie Dough Overnight Oats

### ***Ingredients:***

½ cup rolled oats

1 tablespoon chia seeds

1 tablespoon cashew butter

¾ cup non-dairy milk

2 teaspoons pure maple syrup or honey

1 tablespoon cacao nibs\*

### ***INSTRUCTIONS:***

In a mason jar or bowl, mix together the oats, chia seeds, cashew butter, milk and maple syrup until well combined. Place in the fridge for at least 2 hours or overnight.

Before eating, stir in the cacao nibs or other optional add-ins (chopped nuts, dates, blueberries, organic raisins)

