



look to nature first

rolled oats recipes

base recipe

1/2 cup rolled oats, 1/2 cup plant based milk, 1 tbs chia seeds

Add ingredients to a bowl or mason jar & gently stir. Store in refrigerator overnight.

BLUEBERRY MUFFIN

3/4 cup blueberries
2 tbs cashew butter
1 tbs maple syrup
1 tbs ground flax seed
1 Tbs chopped pecans
1/4 tsp ground cinnamon
1/3 cup greek yogurt

BANANA BREAD

1/4 cup yogurt
1 tbs chia seeds
1 tbs maple syrup
mash 1/2 banana
1 tbs walnuts chopped
1/2 tsp cinnamon
1/2 tsp vanilla
pinch of ground flax seed

APPLE PIE

1 apple diced & cooked
1 tbs maple syrup
2 tbs almond butter
1 tbs raisins
1 tbs chopped walnuts
1/2 tsp ground cinnamon
1/2 tsp vanilla
1/3 cup greek yogurt

STRAWBERRY CHEESECAKE

1/3 cup smashed strawberries
2 tbs cashew butter
2 tbs lemon juice
1 tbs flax seed
1 tbs maple syrup
1/2 tsp vanilla

RASPBERRY CHOCOLATE

2 tbs cashew butter
1 tbs maple syrup
1 tbs mini chocolate chips
1 tsp vanilla
1/2 cup raspberries

MANGO COCONUT

3/4 cup chopped mango
1 tbs almond butter
1/2 tsp pure vanilla extract
2 tbs shredded coconut
2 tbs greek yogurt

BLACK FOREST

1 tbs ground flax seed
2 tbs almond butter
1 tbs cocoa powder
1/4 tsp almond extract
1/4 cup cherry pie filling
2 tbs greek yogurt

SPICED PEAR

1/4 cup yogurt
1 tbs maple syrup
1/4 cup small diced pear
1 tbs chopped pecans
1/2 tsp cinnamon
pinch of nutmeg

