



# Gluten Free, Vegan Strawberry Vanilla Overnight Oats

Serves 1

## Ingredients

1 cup gluten free rolled oats

1 tablespoon chia seeds

½ tablespoon ground flax meal

1 cup almond milk

1/3 cup dairy free yogurt (we love Forager Project brand)

½ teaspoon vanilla extract

For extra sweetness, add 1 tablespoon of honey or maple syrup

## Directions

Pour all ingredients into a mason jar.

Mix all ingredients together.

Close mason jar and chill in refrigerator overnight.

In the morning, top with fresh strawberries and gluten free granola (optional).