



# NO COOKING OVERNIGHT "OATS"

By Dr. Cindy Tanzar  
(Standard/Vegan/Vegetarian Plans)

This recipe is our new favorite breakfast. It takes no time to put it together in the evening, then it's ready to go for breakfast with no cooking time required. Our other grain-free "oatmeals" are made on the stovetop, so this is a nice variation for your morning rush. These "oats" are a great source of protein without the high blood-sugar-spiking carbs from regular oatmeal. This recipe makes one serving and covers your protein and fat for one meal.



## INGREDIENTS

- 1/4 cup hemp hearts/seeds (greatest value at Walmart)
- 1 Tbsp golden flaxseed meal
- 1-1/2 tsp chia seeds
- 1/4 cup organic heavy cream or canned coconut cream\*
- 1/4 cup unsweetened coconut or almond milk
- 1/8 Pink Himalayan salt
- Stevia to taste, start with 3-5 drops (see notes below)



## INSTRUCTIONS

Add all the ingredients into a small bowl and stir well. Sit on the counter and stir again in a couple of minutes. This is important to keep the chia from falling to the bottom and clumping.

Stir again in 3-5 minutes; then wait and stir again.

Cover and place in the fridge overnight (or at least 4 hours). I often make 2 or more batches at the same time. They will keep for up to 4 days.

**\***If using canned coconut cream, shake can well before opening, then mix it together with a whisk/spoon before measuring. Store the rest in the fridge in a covered container (not the can) for another batch later.

Canned coconut cream will harden when refrigerated, so you may need to heat it slightly for your next use. When mixed with the other "oat" ingredients, it may or may not harden in the recipe (depending on your can of coconut cream – each can of the same brand and each brand can vary quite a bit). If you need to heat it slightly in the microwave before eating, you can. This recipe is best cold, so just get the chill off.

## OPTIONS

- Add your fruit serving to the bowl or even puree/mash it and mix it in. You can also add in pure vanilla with it (to taste).
- Drizzle Lakanto maple syrup and sprinkle cinnamon to your taste
- Any combination of spices (like nutmeg/pumpkin pie/cinnamon, etc.), stevia flavors or pure extracts you enjoy. Start with 1/8 tsp and add more to your liking if using an extract (like pure banana, vanilla, maple, butterscotch, etc). Start with 3-5 drops stevia and add more after tasting (Sweet Leaf caramel, hazelnut, coconut). You can find pure extracts and stevia flavor on Amazon, if you can't get them in your local store.