

## Overnight Oats

### Ingredients

1 container organic rolled oats (about 500 g)  
40 g roasted and unsalted almonds, coarsely chopped  
30 g unsweetened, dried coconut flakes  
20 g chia seeds  
20 g flax seeds, ground  
1 tsp sea salt  
½ tsp cardamom  
1.8 liters almond milk

### Preparation

1. In a large bowl, combine the first 7 ingredients
2. Pour in the almond milk and mix thoroughly
3. Taste and adjust salt/sweetness as needed
4. Cover and refrigerate overnight

### Storage

A large batch like this usually keeps for 5 days in the fridge.

### Notes

The best oats I've found in my experiments were Trader Joe's Oven Toasted Old Fashioned Organic Oats. Other rolled oats may work well; do not use steel-cut or instant oats

After opening the can, I like to sift the oats through a coarse sieve to remove any chaff and oat 'dust.' This keeps the overnight oats from having a sandy mouthfeel.

I also recommend using homemade almond milk as it adds a much deeper flavor than store-bought.