



# good morning oats

AN #HBATHOME RECIPE FROM CHEF NICK KECK & LEAH

## ingredients

### Dry ingredients:

- 1 cup of quick oats
- ¼ cup of raisins
- 1 tablespoon chia seeds
- ¼ teaspoon cinnamon
- 1 banana sliced

### Wet ingredients:

- 1 cup of almond, soy, whole milk or coffee
- 2 teaspoons agave (or honey)
- ½ teaspoon vanilla extract

### Other topping suggestions:

- 2 tablespoons chocolate chips
- ¼ cup sliced strawberries
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ cup blackberries
- ¼ - Cup Sliced Almonds

## directions

- In a bowl mix the dry ingredients together.
- In another bowl, whisk the wet ingredients together.
- Add the liquid to the oats and place in the fridge for 10 minutes to allow the oats to absorb the liquid.
- Finish with your favorite toppings and enjoy!
- Good morning oats can be enjoyed for up to 3 days.