



# Ashley's Meal Prep Monday!



## Maple Walnut Overnight Oats

### INGREDIENTS

- 1/2 cup of GF rolled oats
- 2 TSP chia seeds
- sprinkle of cinnamon
- 1-2 TSP maple syrup
- 1 TBSP crushed walnuts
- 2/3 cup macadamia nut milk

Get yourself some single serve mason jars. These work great and are pretty cute.

Overnight oats have been a staple for me for years. This recipe is single-serve. I love trying new flavor combos and figuring out what works best for my nutritional needs. Obviously, you can use what ever kind of milk you prefer and throw other add-ins into the mix.

Add in each ingredient, stir it up, slap on a lid, throw in the fridge. It'll be ready to rock the next day. Stir it again, enjoy cold or even heat it up for :30.



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