

Overnight Oatmeal with Honey



Old-fashioned oats contain all parts of the oat grain. They're packed with vitamins, minerals and antioxidants and are high in fiber and protein when compared to other grains. Try this delicious recipe using any of our honeys for a healthy start to your day.

Ingredients

1/2 cup old-fashioned oats
1/2 cup almond milk
1/3 cup low-fat plain yogurt
1/2 teaspoon cinnamon
1/4 teaspoon chia seeds
1/2 cup banana slices and blueberries (or 1/2 cup of your favorite fruits)
Pinch of salt
2 tablespoons Lucky Lime & Sea Salt honey, Fiery Sweet Mesquite honey, or Blackland Prairie Wildflower honey

Instructions

In a small bowl, combine oats, milk, yogurt, cinnamon, chia seeds and a pinch of salt and stir well. Seal bowl tightly and refrigerate overnight. When ready to eat the next morning, warm oats if desired. Top with fresh fruit and honey.

Note: Chia seeds are a great source of omega-3 fatty acids, fiber, antioxidants, iron, and calcium. Unlike flax seeds, chia seeds are digestible. You can eat them whole, however, when soaked, they're much easier to digest and soaking them first will help to increase the amount of nutrients your body is able to absorb.

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