

Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 2 servings



Directions

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add maple syrup, honey or a pinch of sea salt.

Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)