

## Orange Ginger Overnight Oats

This simple make-ahead breakfast will help ease your morning breakfast routine tremendously. The combination of protein from the Greek yogurt along with fiber from the oats and healthy fats from the chia seeds makes this a nourishing breakfast that will help keep you full and satisfied until lunch.

Serves 2

Prep time: 15 minutes Total time: 4-6 hours

### Ingredients

- ½ cup Greek yogurt, plain
- 1 cup oats (certified gluten free, if needed)
- 1 cup almond milk, unsweetened
- 2 tablespoons chia seeds
- 1 tablespoon pure maple syrup
- 1 orange, zested
- ½ teaspoon fresh ginger root, grated
- Optional: ¼ teaspoon cardamom, ground
- 1 tablespoon pumpkin seeds for garnish
- 1 orange, sliced for garnish

### Directions

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, ginger, and cardamom. Add the top to the jar and shake.
2. Leave in the refrigerator for 4 hours or overnight.
3. Top with pumpkin seeds and orange slices.

