

## Overnight N'Oats & Berries

Author: Brenna H.H.P. from Optimized Health Team

Servings: 1

Prep & Cook Time: 5 minutes (soak overnight)

### Instructions:

- 1/4 cup Organic Chia Seeds
- 1/2 cup Filtered/Spring water
- 1/4 cup Organic Heavy Whipping Cream
- 1/2-1 teaspoon Organic Maca Powder
- 1 Tablespoon Organic Coconut Oil (hexane free)
- Dash Pink Himalayan Sea Salt
- About 1 teaspoon Organic Stevia OR 1/8th teaspoon Organic Monk Fruit Powder (Erythritol Free)
- 1/2 cup Organic Blueberries &/or Raspberries
- (Optional Topping) 1/4 cup Organic Pecans, halves or chopped

### Instructions:

1. In a pint jar, add all above ingredients except for berries. Screw on a lid.
2. Shake until well combined and set in your fridge overnight for chia seeds to soak.
3. Next morning, remove lid, stir chia seed pudding until mixed.
4. Top with organic berries and organic pecans and serve!