



Warming breakfast

recipes

from Martina's kitchen

Winter is here!

With temperatures dropping quickly, it gets harder and harder to get out of bed in the morning. And probably the last thing on your mind is standing in a cold kitchen making breakfast. But that is the best part about waking up in the winter; you get to make yourself a bowl of warming oatmeal, that will nourish and energize you from the inside out. Here I am sharing my favorite recipes with you. Some are super easy, and only take minutes to throw together. Others are a little more elaborate, best saved for a weekend when you want to impress yourself or friends and family.

Don't be put off by watery instant oatmeals from your childhood or college days. These oatmeals are delicious, super versatile, and all gluten-free (if you care about that) and vegan (with the exception of honey, which can absolutely be substituted). Some of the recipes go beyond the humble oat, and use other grains or vegetables for filling breakfast bowls. You should always feel free to take these recipe as inspiration, and then make them your own. Use ingredients you have at home to substitute whatever the recipe calls for. And when you share them on social media, make sure you tag me #martinazand, so I can enjoy your delicious creations with you from afar.

Stay warm and nourished this winter.

Love,

A handwritten signature in black ink that reads "Martina" with a stylized flourish at the end.

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My favorite ingredients for oatmeals

I use rolled oats for my recipes. Yes, they are more processed than oat groats or steel cut oats, but let's be realistic here; who has time to cook oats for hours and hours every morning? Using rolled oats still gives you the benefit of extra fiber in the morning, while saving you lots of time in the kitchen. Just don't get instant oats, those don't make good oatmeal. Also, make sure you think beyond the humble oat. You can use any grain to make delicious breakfast bowls.

When it comes to other whole grains, it barely makes sense to cook a grain just for breakfast, because you will want to soak it overnight first, then cook it for 30 minutes to an hour, depending on the type of grain. I will usually make a big batch of a grain for the whole week. I only cook it in water, so I can use it for a savory dinner stir fry and a sweet breakfast bowl. This makes food prep for the week so easy!

Here are my tips to make grain cooking easy:

- Soak your grains first in plenty of water for 12 - 24 hours. If I know I will cook them in the evening, I will usually start soaking them in the morning before I head out.
- Strain the grain, and rinse really, really well for 1 minute until the water coming out is clear.
- Add enough water for the grain to cook to perfect fluffiness. Check out the table on the side for how much water you need for each grain.
- Cook grains on low-medium heat, so they have plenty of time to get fluffy. Stir once in a while.
- Once cooked, use a wooden spoon to fluff it some more, then store in an airtight container in the fridge for up to one week.
- All grains and oats can be used interchangeably in these recipes. Sometimes you just have to play around with the amount of liquid you use.
- To use the rest of the grains for other dishes, make sure to check out the [blog](#) for so many fun and delicious ideas.



1 cup grain	Cups of water	Cooking time
Brown rice	2	45 - 60 mins
Buckwheat	2	25 - 30 mins
Millet	2	30 mins
Oat groats	3	90 mins
Quinoa	1.5	15 - 20 mins



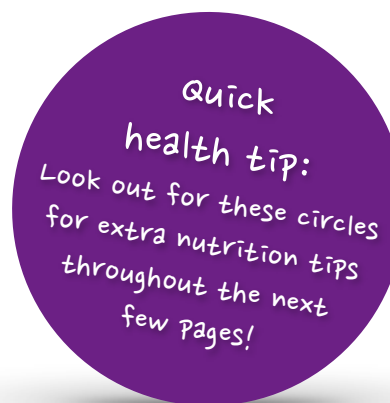
None of these recipes use dairy. Instead, you will find many different kinds of nut and seed butters being used to make the oatmeal creamy. You absolutely do not need to stock up on all nut butters listed. Buy one, use it for as many recipes as you want, then try out a different one. Remember, all recipes are just guidelines, you do not have to follow them exactly!



We use nature's sweetness in all recipes. Some recipes are just sweet enough because of the dry fruit used, others benefit from a drizzle of maple syrup, honey or coconut nectar to give them that extra kick. Just like with the nut butters, you do not have to invest in all kinds of sweeteners. Use one, and make the most of it in all recipes.



Spices are what makes each recipe unique! Vanilla is ubiquitous in almost all recipes. You will also find a lot of cinnamon and ginger being used for that extra wintery taste. I don't like to buy spice mixes like pumpkin spice. Instead I like to have each spice individually in my pantry. This way I can combine them to so many more different variations.





Pumpkin Spice And Oh So Nice!

Nothing says it's winter quite like pumpkin spice. It is everywhere, even in cheese (not sure how amazing that is!?!). This simple recipe will definitely kick off your winter oatmeal collection with deliciousness.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1 1/2 cups water
- 1/2 cup rolled oats
- 2 Tbsp raisins
- 1 Tbsp almond butter
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- Pinch each of ground nutmeg, ground allspice, and ground cloves
- 1 Tbsp honey

Directions:

1. Place the water, oats, raisins, almond butter, and spices in a small pot.
2. Cook over medium heat for 5-7 minutes. You don't want the oats to stand in water, but you want the mixture to look creamy and inviting, not dried out. (If you did cook it too long, just add another splash of water).
3. Drizzle with the honey, and serve.

Just the smell of cinnamon can combat any sweet cravings you have for your favorite chocolate bar.



coco-nutty

Dreaming of warmer weather and the beach? Try the coco-nutty oatmeal with different kinds of coconut tastes and textures. If you can't find coconut nectar, you can use any other liquid sweetener or try coconut sugar.

Makes 1 serving

Preparation time: 20 minutes

Ingredients:

- 2 Tbsp desiccated coconut
- 2 Medjool dates, pitted and roughly chopped
- 2 cups coconut milk
- 1/2 cup rolled oats
- 1 tsp vanilla extract
- 1-2 Tbsp coconut nectar
- 1 Tbsp bee pollen (optional)

Directions:

1. Start with the desiccated coconut. Add it to the small pot over medium heat, and let it brown for 3-4 minutes, stirring constantly. Then place it on a small plate, and put to the side.
2. In the same pot, add the dates, coconut milk, oats, and vanilla extract. Cook for 15 minutes until super creamy.
3. Pour the oatmeal into a bowl, sprinkle with the toasted desiccated coconut and bee pollen. Then drizzle with coconut nectar.



Hot chocolate oatmeal

Hazelnut butter is what makes this oatmeal taste like Nutella - I bet you won't be able to resist the whole bowl! If you can't find hazelnut butter, you can always use almond butter as a substitute.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1 1/4 cups water
- 1/2 cup rolled oats
- 1 1/2 Tbsp hazelnut butter
- 1 Tbsp raw cacao powder
- 1 tsp vanilla extract
- pinch of Himalayan salt
- 1 Tbsp cacao nibs
- 1/2 tsp flaxseeds
- 2 Tbsp raw honey

Directions:

1. Place the water, oats, hazelnut butter, cacao powder, and vanilla in a small pot on medium heat.
2. Cook for 5 minutes stirring often so the hazelnut butter dissolves.
3. Add salt and stir.
4. Pour in bowl, sprinkle with cacao nibs and flaxseeds, and drizzle with honey.

Raw cacao is a great iron source, has more calcium than cow's milk, and is a natural antidepressant!



chai Bowl

chai means warmth and comfort to me, plus Indian saris and yoga. You can buy ready made chai spices, but I love having them individually, so I can adjust the amount of cinnamon, ginger, and cardamom, depending on what I am making with it: oatmeal, popsicles or actual tea.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 2 Medjool dates, pitted and roughly chopped
- 1 1/3 cups coconut milk
- 1/2 cup rolled oats
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cardamom
- pinch of black pepper

Directions:

1. Place everything in a small pot, and cook over medium heat for 8 minutes until creamy.
2. Serve and enjoy.

Medjool dates are an amazing source of potassium for muscle cramps and lowering blood pressure.

cherry Goji oats

cherries are only available for such a limited time, but with frozen cherries we can get their yummy, fruity flavor all year long. combining them with the slightly bitter tasting goji berry makes for a very interesting, not very sweet oatmeal.

Makes 1 serving

Preparation time: 15 minutes

Ingredients:

- 1 1/4 cups water
- 1/2 cup rolled oats
- 1/2 cup frozen cherries
- 2 Tbsp dried goji berries
- 1 tsp vanilla extract
- 1 Tbsp almond butter
- 1 tsp bee pollen
- 1 Tbsp raw honey

Directions:

1. Place water, oats, cherries, goji berries, and vanilla in a small pot over medium heat, and cook for 10 minutes. Stir often to help let the cherries fall apart slightly.
2. Transfer to serving bowl, add a big dollop of almond butter, top with bee pollen, and drizzle with honey.

Goji berries are a super immune booster. Stock up on them in the winter time!





vanilla oatmeal with Thyme- stewed Strawberries

This is definitely a very grown up version of an oatmeal, and will definitely impress guests at your next brunch! The sweetness of the strawberries should be enough, otherwise add some honey.

Makes 1 serving

Preparation time: 20 minutes

Ingredients:

- 1 cup frozen strawberries
- 1/3 cup water
- 1 thyme stem, leaves picked off
- 1 ts vanilla extract
- 1 1/2 cups water
- 1/2 cup rolled oats
- 1 Tbsp almond butter
- 1 tsp vanilla extract
- 1 Tbsp hemp hearts

Directions:

1. Place the strawberries together with water, the thyme leaves, and vanilla in a small saucepan over medium heat. Cook for 10 mins, and stir often with a wooden spoon to help strawberries fall apart.
2. In a second pot, add the water, oats, almond butter, and vanilla. Cook for 5 minutes, and stir often to help almond butter dissolve.
3. Add oatmeal to a serving bowl, top with strawberries and hemp hearts.

Salted Tahini caramel oatmeal

Tahini is not everyone's favorite, but trust me, when you combine it with maple syrup and sea salt, it's divine!

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1 1/4 cups water
- 1/2 cup rolled oats
- 1/2 tsp cinnamon
- 1 1/2 Tbsp maple syrup
- 1 Tbsp tahini
- pinch of sea salt
- pomegranate

Directions:

1. Combine the water, oats, and cinnamon in a small pot, and cook over medium heat for 5 minutes until creamy.
2. In the meantime, whisk together maple syrup, tahini, and sea salt until creamy.
3. Pour the cooked oatmeal into a serving dish, drizzle with the tahini caramel, and top with pomegranate.

Tahini is an excellent source of calcium, much better than cow's milk.



Apple Pie oatmeal

The smell of apple pie immediately makes it feel warm and cozy and like fall is here! Get the same divine feeling with a few minutes of stirring the apples, then adding the rest of the ingredients to simmer quickly.

Makes 1 serving

Preparation time: 15 minutes

Ingredients:

- 1/2 apple, chopped
- 1 tsp virgin coconut oil
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- Pinch of ground cloves
- 1 1/2 cups water
- 1/2 cup rolled oats
- 1 Tbsp almond butter
- Honey to drizzle
- Chopped walnuts to serve

Directions:

1. Combine apples, coconut oil, and the spices in a small pot, and stir for 7 minutes over medium heat until slightly soft.
2. Add the water, oats, and stir in the almond butter. Let cook for another 5-7 minutes until creamy.
3. Add oatmeal to a serving bowl, drizzle with honey, and sprinkle with chopped walnuts.





creamy Banana oatmeal

This oatmeal is for everyone who doesn't want to add any other sweeteners. The banana alone makes this oatmeal creamy, sweet, and delicious!

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1 banana
- 1 1/2 cups water
- 2 Tbsp almond butter
- 1 Tbsp maple syrup
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 3/4 cups rolled oats
- Sliced almonds (optional)

Directions:

1. Combine banana, water, almond butter, maple syrup, vanilla, and cinnamon in a blender and blend until creamy.
2. Add to a small pot together with the rolled oats, and cook over medium heat for 5-7 minutes until creamy.
3. Serve with sliced almonds.



Ginger Fig Oats with crunchy Hazelnut Topping

The crunchy sweet hazelnuts are a wonderful addition to any oatmeal, salad or wintery dish that you want to make a little fancy.

Makes 1 serving

Preparation time: 15 minutes

Ingredients:

- 1 1/4 cups water
- 1/2 cup rolled oats
- 5 dried figs, stem cut off and chopped
- 3/4 tsp ground ginger
- a handful of hazelnuts
- 2 Tbsp maple syrup or honey
- 1 tsp apple cider vinegar

Directions:

1. Combine the water, oats, figs, and ginger in a small pot, and cook over medium heat for 5 minutes until creamy.
2. In the meantime, add the hazelnuts to a small pan over medium heat, and let them toast for 2 minutes.
3. Add the maple syrup or honey together with the vinegar, and let it sizzle for another 1-2 minutes. Set to the side on a plate to cool off a little bit.
4. Pour the cooked oatmeal into a serving dish, sprinkle with the hazelnuts, and enjoy.

Brown Rice Autumn Bowl

To make a delicious porridge you don't always need oats. You can use any kind of pre-cooked grain (think leftovers from the night before!) to whip up a quick breakfast bowl. Brown rice is definitely my favorite grain to use, it's so earthy and warming.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1/2 cup water
- 1/2 cup brown rice, already cooked
- 1/4 cup dried cranberries
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/8 tsp dried ground ginger
- pinch of all spice
- 2 Tbsp pecan nuts, roughly chopped
- 1-2 Tbsp maple syrup

Directions:

1. Put the water, rice, cranberries, vanilla, and the spices in a small pot, and cook over medium heat for 5 minutes.
2. Top with chopped pecan nuts, and drizzle with maple syrup.





Golden Breakfast Bowl

This bowl uses millet as the grain. Millet is kind of like couscous, grainy and slightly crunchy when cooked. It works really well in salads and stir fries.

Makes 1 serving

Preparation time: 15 minutes

Ingredients:

- 1/2 Tbsp virgin coconut oil
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 3/4 cups millet, already cooked
- 1 Tbsp raisins
- 3/4 cups coconut milk
- 1/2 apple, grated
- 2 Tbsp walnuts, roughly chopped
- 1 Tbsp pumpkin seeds
- 1 tsp bee pollen
- 1-2 Tbsp raw honey

Turmeric is a powerful anti-inflammatory, helping the body to fight cancer causing radicals.

Directions:

1. In a small pot, add coconut oil, turmeric, and cinnamon. Over medium heat stir for 2 minutes until fragrant.
2. Add millet and raisins, and stir well.
3. Add coconut milk, and let cook for 8 minutes until creamy.
4. Top with grated apple, walnuts, pumpkin seeds, and bee pollen, and drizzle with honey.

Bring-the-summer-back Quinoa

Do you miss the summer, sun, and delicious berries? Thanks to frozen berries you can enjoy summer in a bowl all winter long! Next time, try to make this same recipe with frozen blueberries.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1/2 cup water
- 1/2 cup quinoa, already cooked
- 1/3 cup frozen raspberries
- 1 tsp vanilla extract
- 1 Tbsp maple syrup
- 1 Tbsp cashew butter
- a handful of fresh raspberries

Directions:

1. Put water, quinoa, frozen raspberries, and vanilla in a small pot over medium heat, and cook for 5 minutes. .
2. Transfer to a bowl, add the maple syrup and a dollop of the cashew butter, then top with fresh raspberries.

Quinoa isn't actually a grain, it's a seed; perfect if you have problems digesting grains.





Buckwheat with Poached Pears

This breakfast requires a bit more time - perhaps it's a good option for the weekend. You can also poach the pears beforehand and have them ready to put on the buckwheat.

Makes 1 serving

Poached pears: 30 minutes

Preparation time: 10 minutes

Ingredients:

- 1 tsp dried orange peel
- 2 capsules of cardamom
- 3 cinnamon sticks
- 2 Tbsp honey
- 2 Tbsp lemon juice
- 3 cups water
- 1 pear, peeled and sliced thinly
- 1/2 cup buckwheat, already cooked
- 1/4 cup raisins
- 1/4 cup reserved poaching water
- 3 walnuts, roughly chopped

Directions:

1. Put all the spices, honey, lemon juice and water in a pot and bring to a boil. Add the pear slices for 20 minutes or until soft. Reserve the poaching water, just pick out the spices and discard.
2. Put the buckwheat, raisins, and reserved poaching water into a small pot, and heat over medium heat for 5 minutes until water has cooked away.
3. Pour the buckwheat in a bowl, place the poached pear slices on top, and sprinkle with walnuts.

Don't know
what else to make
with buckwheat? Use it
instead of couscous in
your next cooking
adventures.



Quick Buckwheat cashew Bowl

This is a super quick breakfast, simply by soaking the buckwheat and cashew nuts overnight, and blitzing them in the food processor in the morning.

Makes 1 serving

Preparation time: 5 minutes + soaking overnight

Ingredients:

- 1/4 cup buckwheat
- 1/4 cup cashew nuts
- 1/4 cup water
- 1 Tbsp maple syrup
- 1 tsp orange zest
- 1 tsp vanilla extract

- 1 Tbsp pumpkin seeds
- Raspberries

Directions:

1. Soak the buckwheat and cashew nuts overnight in a bowl with plenty of water.
2. Drain and rinse really well, then place the buckwheat and cashew nuts in a food processor.
3. Add the water, orange zest, and vanilla extract, and process until very smooth.
4. Top with pumpkin seeds and raspberries.



Grain-free chocolate chai

Breakfast Bowl

Ok, I am going to be honest with you. Having cauliflower as a sweet breakfast bowl may seem weird. But if you are trying out grain free eating, then this is the way to go! creamy, warming, and surprisingly filling.

Makes 1 serving

Preparation time: 10 minutes

Ingredients:

- 1 cup cauliflower rice (blitz your own in the food processor with 2-3 pulses)
- 1 cup coconut milk
- 2 Tbsp raw cacao powder
- 1/2 tsp vanilla extract
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch ground cloves
- 1 Tbsp virgin coconut oil or cacao butter
- 1 -2 Tbsp honey

Directions:

1. Combine cauliflower, coconut milk, cacao, and all the spices in a small pot, and cook over medium heat for 10 minutes until creamy.
2. Turn off heat, add coconut oil or cacao butter, and stir in to melt.
3. Add honey to taste, and serve.



Grain-free cardamom

Sweet Potato Bowl

Sweet potato are often paired with cinnamon for the holidays, so why not make them sweet, and have them as breakfast? Give it a try, you will be pleasantly surprised! This also re-heats very well in case you just want to cook a bigger batch for the whole week.

Makes 1 serving

Preparation time: 30 minutes

Ingredients:

- 2 cups sweet potato, peeled and diced (about 1 big sweet potato)
- 1/8 tsp ground cardamom
- 1 Tbsp almond butter
- 1-2 Tbsp coconut chips
- Fresh berries

Directions:

1. Add the sweet potato to a small pot, cover with water, cover with a lid, and simmer for about 20 minutes until soft.
2. Mash the sweet potato (I like them slightly chunky), and stir in the cardamom.
3. Swirl in the almond butter, and top with coconut chips and berries.



Raspberry Lemon Overnight Oats

I get it, sometimes you don't even have 10 minutes to spare in the morning to prepare a bowl of warming oatmeal. That's when these overnight oats come in handy! Toss everything together the night before, leave in fridge, grab and run out the door. It could not be easier to get a nourishing breakfast!

Makes 1 serving

Preparation time: 5 minutes
+ overnight setting time in fridge

Ingredients:

- 1 cup coconut milk
- 1 cup frozen raspberries
- zest of 1 lemon
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 1 tsp vanilla extract
- 1/4 cup rolled oats
- 2 Tbsp chia seeds
- A handful of fresh raspberries
- 1 Tbsp desiccated coconut

Directions:

1. Place the coconut milk, frozen raspberries, lemon zest and juice, honey, and vanilla in a blender, and blend for 1 minute.
2. Stir in oats and chia seeds.
3. Pour in a jar, and let set in fridge overnight.
4. In the morning stir, add fresh raspberries, and sprinkle with desiccated coconut.



Winter Overnight Oats

Orange, cinnamon, raisins, and apples - all traditional winter flavors - come together in this creamy breakfast.

Makes 1 serving

Preparation time: 10 minutes

+ overnight setting time in fridge

Ingredients:

- 1 cup water
- 2 Tbsp freshly squeezed orange juice
- 1 Tbsp almond butter
- 1/2 tsp orange zest
- 1/4 tsp cinnamon
- 1/4 cup rolled oats
- 2 Tbsp chia seeds
- 1 tsp flaxseeds
- 1/4 cup raisins
- 1/4 cup grated apple (about 1/4 - 1/2 an apple)
- 1 - 2 Tbsp honey
- 1 Tbsp almond flakes

Directions:

1. Place water, orange juice, almond butter, orange zest, and cinnamon in a blender, and blend for 1 minute.
2. Stir in oats, chia seeds, flaxseeds, raisins, and the grated apple.
3. Pour in jar, and let set in fridge overnight.
4. Top with honey and almond flakes before serving.



Maca Mango Overnight Oats

Maca is a superfood powder, which keeps our hormones balanced and happy. It's a little earthy sweet tasting by itself, and pairs excellently with mango or chocolate!

Makes 1 serving

Preparation time: 5 minutes
+ overnight setting time in fridge

Ingredients:

- 1 cup coconut milk
- 1 cup chopped mango
- 1/2 Tbsp maca powder
- 1 Tbsp coconut nectar
- 1 tsp vanilla extract
- 1/4 cup rolled oats
- 2 Tbsp chia seeds
- 1 Tbsp pumpkin seeds

Pumpkin seeds
are also an excellent
hormone balancer, and
full of zinc for a strong
immune system.

Directions:

1. Place coconut milk, mango, maca, coconut nectar, and vanilla extract in a blender, and blend for 1 minute.
2. Stir in oats and chia seeds.
3. Pour in jar, and let set in fridge overnight.
4. Top with pumpkin seeds before serving.



chocolate overnight oats with a Salted Maple Peanut Drizzle

chocolate, peanut butter, maple syrup - do I need to say more?!? It's like a dessert for breakfast, you will want to have this every morning this winter!

Makes 1 serving

Preparation time: 5 minutes
+ overnight setting time in fridge

Ingredients:

- 1 cup coconut milk
- 2 Medjool dates, pitted
- 1 Tbsp raw cacao powder
- 1 tsp vanilla extract
- 1/4 cup rolled oats
- 2 Tbsp chia seeds
- 1 Tbsp hemp hearts

- 1 1/2 Tbsp maple syrup
- 1 Tbsp peanut butter
- pinch of sea salt (only if peanut butter isn't salted)
- 1 tsp cacao nibs

Directions:

1. Place coconut milk, dates, cacao powder, and vanilla in blender, and blend for 1 minute.
2. Stir in oats, chia seeds, and hemp hearts.
3. Pour in jar, and let set in fridge overnight.
4. Whisk together maple syrup, peanut butter, and salt, then drizzle over oats, and top with cacao nibs.



Plum cinnamon overnight oats

To me the combination of plums and cinnamon somehow scream christmas, so this would be the ideal breakfast on christmas morning for me!

Makes 1 serving

Preparation time: 5 minutes

+ overnight setting time in fridge

Ingredients:

- 1 cup coconut milk
- 1 Tbsp raw honey
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 tsp orange zest (from about 1/2 an orange)
- 4 chopped and pitted prunes
- 1/4 cup rolled oats
- 2 Tbsp chia seeds

Directions:

1. Place coconut milk, honey, vanilla, cinnamon and orange zest in blender, and blend for 1 minute.
2. Stir in prunes, oats, and chia seeds.
3. Pour in jar, and let set in fridge overnight.
4. Grab, run, and eat.



Maple Banana Overnight Oats

I can't describe this creamy yumminess other than that I want to bathe in this. It tastes like a French toast in a bowl. This recipe is a must-try!

Makes 1 serving

Preparation time: 5 minutes
+ overnight setting time in fridge

Ingredients:

- 1 Tbsp flaxseeds
- 1/2 banana
- 3/4 cups water
- 2 Tbsp almond butter
- 1 Tbsp maple syrup
- 1/8 tsp ground cinnamon
- 1/2 cup rolled oats
- Banana slices and walnuts for topping

Directions:

1. Place flaxseeds in a food processor, and grind for 30 seconds until completely broken down.
2. Add banana, water, almond butter, maple syrup, and cinnamon to process into creamy deliciousness.
3. Stir in oats.
4. Pour in jar, and let set in fridge overnight.
5. Top with sliced banana and walnuts in the morning, and do a little happy dance.

cinnamon cacao Pecan

Overnight Oats

Nothing screams winter holidays like pecan nuts in a pecan pie. These overnight oats combine wintery cinnamon with everyone's favorite: chocolate. Enjoy!

Makes 1 serving

Preparation time: 5 minutes

+ overnight setting time in fridge

Ingredients:

- 2 Medjool dates, pitted
- 1 cup water
- 1/4 cup pecan nuts
- 1 Tbsp raw cacao powder
- 1/4 tsp ground cinnamon
- 1/4 cup rolled oats
- 2 Tbsp chopped pecan nuts
- 1 Tbsp chia seeds
- cacao nibs and fresh berries for topping

Directions:

1. Put the dates, water, pecan nuts, cacao powder, and cinnamon in a blender or food processor, and blend until super smooth.
2. Stir in the oats, pecan nuts, and chia seeds, and put in fridge overnight.
3. Stir and top with cacao nibs and fresh berries.





Breakfast Oatmeal Smoothie

Ok, so let's say you don't have any time to whip up breakfast, and you also didn't prep your overnight oats the evening before, then this is your breakfast savior! In two minutes you've got yourself the most delicious, filling oatmeal smoothie, that you can have on the way to work, to drop off kids, or to head out to exercise.

Makes 1 serving

Preparation time: 3 minutes

Ingredients:

- 4 Medjool dates, pitted
- 1 banana
- 3/4 cups water
- 1/2 cup rolled oats
- 1/4 cup frozen blueberries
- 2 Tbsp almond butter
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon

Directions:

1. Place everything in a blender, blend for 1 minute until creamy, and enjoy.