



Gold Rush Breakfast Overnight Oats

Start the morning with powerful healthy golden ingredients

Give your eyes some dairy products for extra vitamin A & the mineral zinc

1/2 cup old fashioned or quick uncooked oats

1/2 cup organic or Greek vanilla yogurt

1/2 cup pumpkin puree

1 Tablespoon ground flaxseed

8 Tablespoons almond milk

1/4 teaspoon turmeric

1 teaspoon ground cinnamon

1/8 cup dried fruit like golden raisins, chopped apricots, or cranberries

For Serving: Top as desired with: Dollop of vanilla or plain yogurt; 2 Tbsp. favorite dried fruit, 1 Tbsp. chopped nuts or seeds, and drizzle with 1 to 2 teaspoons maple syrup

Use a container of your choice to mix ingredients. Stir oats, yogurt, pumpkin puree, flaxseed, 8 Tablespoons almond milk, turmeric, and cinnamon to combine. Stir in dried fruit. Cover container tightly; refrigerate overnight.

To Serve: Add a dollop of yogurt, sprinkle with additional dried fruit, chopped nuts, or seeds and a drizzle of maple syrup. Serve warm or cold. Yield: serves 2 large servings

About the Recipe: Overnight oats can be served for breakfast or even a delicious dessert. It is filled with the healthiest ingredients that guarantee a refreshing start for your busy day.