



# SUPER SEED BERRY OVERNIGHT OATS

Yield: 4 Servings



Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 ea (198 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>10%</b>
Saturated Fat 1g	<b>4%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 2mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 19g	
Includes 9g Added Sugars	<b>20%</b>
<b>Protein</b> 9g	
Vitamin D 1mcg	4%
Calcium 223mg	15%
Iron 2mg	10%
Potassium 286mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

### Super Seed Berry Overnight Oats

- 1 cup Quick Oatmeal
- 1 cup Almond Milk
- ½ cup Plain Nonfat Greek Yogurt
- 1⅓ cup Fresh Blueberries
- 4 oz. Super Seed Brittle

### Super Seed Brittle (makes 16 portions)

- ¼ cup Chia Seeds
- 1 cup Pepitas
- ½ cup Sesame Seeds
- ½ cup Raisins
- ½ cup Shredded Coconut
- 1 teaspoon Ground Cinnamon
- ¼ teaspoon Kosher Salt
- 1 teaspoon Vanilla Extract
- 2 tablespoons Olive Oil Blend
- ½ cup Honey

## Procedures

### Super Seed Brittle

1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. In a large bowl, chia seeds, pepitas, sesame seeds, raisins, coconut, cinnamon and salt.
3. In a separate bowl, combine vanilla, oil and honey.
4. Slowly drizzle wet ingredients over dry ingredients, stirring to ensure everything is evenly coated.
5. Transfer mixture to baking sheet, spreading evenly until mixture is about ¼ inch thick. Use hands, if needed, to encourage it to stick together.
6. Bake for 20–25 minutes or until golden.
7. Remove from oven and cool completely before breaking into pieces.
8. Store in an air tight container for up to three days.

### Super Seed Berry Overnight Oats

1. Combine oats, almond milk and yogurt together. Refrigerate overnight (and up to 3 days).
2. To serve, portion ½ cup prepared oats with ½ cup blueberries and 1 ounce prepared super seed brittle.