

Overnight Paleo N'Oats

9 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers

Store in an airtight jar in the fridge up to 5 days.

More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet

Drizzle with maple syrup or honey.

No Almond Milk

Use any other type of milk instead.

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

Amount per serving

Calories	591	Cholesterol	0mg
Fat	49g	Sodium	85mg
Carbs	26g	Vitamin A	251IU
Fiber	16g	Vitamin C	1mg
Sugar	4g	Calcium	478mg
Protein	21g	Iron	7mg