

# Chia-Hemp Berry Overnight Oats

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## INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- *1/2 cup of organic rolled oats ✓*
- *3/4 cup of almond or cashew milk ✓*
- *1 tbsp. of chia seeds ✓*
- *1 tbsp. of hemp seeds ✓*
- *1 tbsp. of dried blueberries ✓*
- *2 tsp. of goji berries ✓*
- *2 tsp. of raw organic agave ✓*
- *Handful of berries to top (Optional)*

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## DIRECTIONS:

1. In a mason jar or container, pour all ingredients (except fresh berries) and mix well.
2. Cover container or jar and refrigerate overnight.
3. Top with fresh berries before eating.
4. Enjoy!