

# **Vegan Monday: Overnight Oats With Pomegranate Seeds And Chocolate Chunks**

## **Ingredients:**

Difficulty: Easy  
(makes 1 jar, 0.5 dl)

(adapted from Oh My Veggies)

1 dl + 1 tbsp + 1 tsp / 1/2 cup unsweetened almond milk (you can use sweetened if you like, but I prefer to adjust the sweetness to my taste)

1 dl + 1 tbsp + 1 tsp / 1/2 cup organic rolled oats (in Finnish: Kaurahiutale, a good option is this: <http://www.myllarin.fi/tuote/myllarin-luomu-kaurahiutale/>)

1 tbsp ground flax seeds (in Finnish: pellavansiemenrouhe, my favourite brand is Elixii)

1 tsp vanilla extract (optional)

1 tbsp rice syrup (or agave nectar, or maple syrup - or honey, if you don't need to be vegan) - you can adjust this amount according to your taste

1 dl + 1 tbsp + 1 tsp / 1/2 cup pomegranate seeds (if you are having trouble with taking seeds out of a pomegranate, watch this: <https://www.youtube.com/watch?v=084ABt9qIn0>)

1 tbsp chopped dark chocolate or cacao nibs (you can find both vegan chocolate and cacao nibs in Ruohonjuuri for example. I used dark chocolate because it is much cheaper than cacao nibs!)

## **Instructions:**

There is only step: put all the ingredients in a jar with a lid and stir. Put in the refrigerator overnight. You might want to stir again before serving, or add more almond milk if you want thinner. You can also add more pomegranate seeds and chocolate on top before eating if you like. Enjoy!