

Gluten Free Thursday: Blueberry Pie Overnight Oats - My Favourite Overnight Oats So Far

Ingredients:

Difficulty: Easy

(serves 4 - stays well in the fridge in an airtight containers or jars up to 4 days)

For the topping:

2 tbsp gluten free rolled oats

1 tbsp coconut flour

1 tbsp coconut sugar

1 tbsp coconut oil, solid but softened in room temperature

1/4 tsp ground cinnamon

For the overnight part:

2 Cups / 4.5 dl + 2 tbsp gluten free rolled oats

2 tsp chia seeds

1 1/2 cups / 3.6 dl almond milk

1 cup / 2.4 dl coconut milk

(you can also add a little bit of vanilla extract if you like)

To serve: (optional)

Fresh blueberries (or frozen, but it works extra great with fresh ones to be honest)

Blueberry jam

Instructions:

For the topping - you can do this a couple of days before and keep for up to a week in an airtight container in room temperature):

1. Preheat the oven to 180C.

2. Put all the ingredients in a bowl, rub the coconut oil to other ingredients. Put the mixture on an oven tray with baking paper and bake for 5-7 minutes. Cool and put in an airtight container.

For the overnight oats:

3. Put all the ingredients in a bowl, mix well. Divide between airtight jars / containers. (Alternatively, you can divide all the ingredients between the jars one by one and mix them in their separate jars or shake the jars/containers). Leave in the fridge overnight.

To serve:

4. Take the jars out of the fridge and stir a bit. Put some fresh (or frozen) blueberries and the baked topping on top. You can also put some blueberry jam in between. Enjoy!