

Vegan Monday: Overnight Oats With Toasted Oats And Toasted Coconut

Ingredients:

Difficulty: Easy

(makes 2 generous portions or 4 small - 1.5 dl portions)

For oats:

2 cups / 4.8 dl rolled oats

1 cup / 2.4 dl desiccated coconut (I used some of this for topping)

1 cup / 2.4 dl coconut milk

1 1/2 cups / 3.6 dl oat milk

2 tsp chia seeds

2 tsp syrup (maple, agave..) (put more if you want it sweeter)(you can use honey if you are not vegan)

For toppings:

Blueberries (fresh or frozen)

Toasted almonds (whole, chopped or sliced - I used sliced)

Dried mulberries

Toasted desiccated coconut (some of the coconut from the list above)

Drizzled syrup

Other suggestions:

Other kinds of berries - fresh or frozen

Chocolate chunks

Other fruits of your choice

More almonds, and other nuts, like toasted pecans or hazelnuts

Instructions:

1. Preheat the oven to 180C. (This is obviously if you want to toast the oats and coconut in the oven. You can also toast in a pan - dry pan, don't use any oil.)

2. Put baking paper on an oven tray. Spread oats - so that they don't overlap much. Toast the oats in the oven for about 5 minutes, until they get golden brown. If you want more toasted, you can leave them in the oven longer but be careful not to burn. When toasted enough, take out of the oven and leave to cool. If you like toasted oats, and if you are making overnight oats often, then you can toast the oats in larger batches in advance.

3. After oats, toast the coconut the same way, for about 5 minutes. Be careful and watch coconut closely in the oven, it might get too brown quite easily. When it is done, again take out of the oven and leave to cool down for about 10 minutes.

4. When the oats and coconut are cooled down, mix oat milk, coconut milk, chia seeds and syrup in a bowl. Add some of the coconuts in this mixture. I am not giving an exact amount for this because it depends on how much you like coconut. But about 1-2 tbsp for each

portion at least is quite good. At this point, you can leave the whole portion in the fridge and choose to distribute between smaller portions in the morning, or you can directly make / distribute in individual portions and put those in the fridge separately. In the morning, just take the portion you like and add your toppings. Enjoy!