

Apricot / Peach Overnight Oats



Serves	1
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - High Chemical , Salicylate Challenge
Meal type	Breakfast
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 1/3 cup rolled oats
- 1/2 cup rice milk
- 1 tablespoon mixed quinoa and amaranth grains (I use Olive Green Organics Andean Grains Mix)
- 2 or 3 Small apricots or peaches (ripe and soft)

Directions

1. Wash, halve and remove the stone from the apricots or peaches. Place them into a small bowl or container and mash roughly with a fork.
2. Add the remaining ingredients and mix well.
3. Cover and leave overnight in the fridge.



4. Serve cold or place in the microwave for 1 minute to warm it to room temperature.

Note

High Salicylates, Low Glutamates, Low Amines, Dairy-free

If amines are tolerated try adding 1 tablespoon of [fresh grated coconut](#) or using almond milk instead of rice milk (both contain salicylates and amines).

Cow's milk can be used instead of rice milk.