

Overnight Oats



Serves	1
Prep time	8 hours, 5 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Moderate Chemical
Meal type	Breakfast
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1/3 cup rolled oats
- 3/4 cups rice or almond milk
- 1 tablespoon fresh grated coconut (refer to Basics page)
- 1 tablespoon mixed quinoa and amaranth grains (I use Olive Green Organics Andean Grains Mix)
- 1 Ripe banana (peeled and mashed)
- 1 teaspoon vanilla essence or maple syrup

Directions

1. Mix everything together in a bowl. Cover and leave overnight in the fridge
2. Serve cold or place in the microwave for 1 minute to warm it to room temperature.
3. Serve as-is or top with other fresh fruit and more maple syrup, if needed.

Note

Moderate / High Salicylates, Low Glutamates, Moderate / High Amines

The amine levels in bananas increases as the banana ages. Just ripe bananas are moderate in amines, very ripe bananas are high in amines.

Using rice milk will give a moderate salicylate version, almond milk is high in salicylates and amines.

Refer to Basics page for [fresh grated coconut](#).