

ANTIOXIDANT OVERNIGHT OATS

Prep Time: 5 minutes

Chill Time: Overnight

Servings: 1

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1/2 cup unsweetened almond milk or milk of choice
- 1/4 cup plain Greek yogurt or dairy-free yogurt
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- 1 tablespoon hemp hearts
- 1/2 cup mixed berries, such as blueberries, raspberries, blackberries, or strawberries
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened cacao powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 teaspoon maple syrup or honey, optional

Optional Antioxidant Boosters

- 1 teaspoon cacao nibs
- 1 tablespoon pumpkin seeds
- 1 tablespoon unsweetened coconut flakes
- 1 teaspoon goji berries
- 1 teaspoon matcha powder
- 1 tablespoon pomegranate seeds
- A small pinch of turmeric

- Additional fresh berries for topping

Instructions

Add the oats, milk, yogurt, chia seeds, flaxseed, hemp hearts, cacao powder, cinnamon, vanilla, and optional sweetener to a jar or container.

Stir until well combined.

Gently fold in the mixed berries and walnuts.

Cover and refrigerate overnight, or for at least **6 hours**.

In the morning, stir well and add a splash of milk if a thinner consistency is preferred.

Top with additional berries and any antioxidant boosters you enjoy.

Why It's Antioxidant-Rich

Berries, cacao, cinnamon, walnuts, chia, flaxseed, and optional ingredients such as pomegranate and matcha provide a variety of naturally occurring plant compounds, including **polyphenols, flavonoids, anthocyanins, and vitamin E**.

Using a variety of colorful plant foods is one of the easiest ways to increase the antioxidant diversity of this breakfast.