

Overnight Oats with Coconut Milk and Chia Seeds

From

Chelsey Hernandez

Ingredients:

2 cups rolled oats

1 carton (16.9 oz.) GOYA® [Coconut Water 100% Pure](#)

1 can (13.5 oz.) GOYA® [Coconut Milk](#)

1tbsp. GOYA® [Organic Chia](#)

½ tsp. GOYA® [Salt](#)

2 tbsp. GOYA® [Honey](#) or maple syrup

2 tbsp. slivered almonds, toasted

½ cup blueberries

Instructions:

Step 1

In medium bowl, mix oats, coconut water, coconut milk, chia seeds, salt and one tablespoon honey.

Step 2

Divide mixture between four 1-cup mason jars or small serving bowls. Seal jars with lids, or cover bowls with plastic wrap, and leave in refrigerator overnight.

Step 3

In the morning, top oats with almonds, blueberries, remaining honey and/or any of your favorite toppings, and serve.