



Fruits

- 1 Apple
- 1 Banana
- 2 tbsps Blueberries
- 1 Peach
- 1/2 cup Raspberries
- 2 cups Strawberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1/2 cup Buckwheat Groats
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/3 cup Chia Seeds
- 2 1/8 tsps Cinnamon
- 2 tbsps Hemp Seeds
- 1/4 tsp Nutmeg
- 1 cup Walnuts

Baking

- 2 1/2 cups Oats
- 1/2 tsp Vanilla Extract

Cold

- 4 1/16 cups Unsweetened Almond Milk

Other

- 1/2 cup Water



Peanut Butter & Jam Overnight Oats

2 servings

8 hours

Ingredients

- 1/3 cup All Natural Peanut Butter (divided)
- 3 tbsps Maple Syrup (divided)
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Oats (quick)
- 1 tbsp Chia Seeds
- 2 cups Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!



Raspberry Chia Breakfast Parfait

2 servings

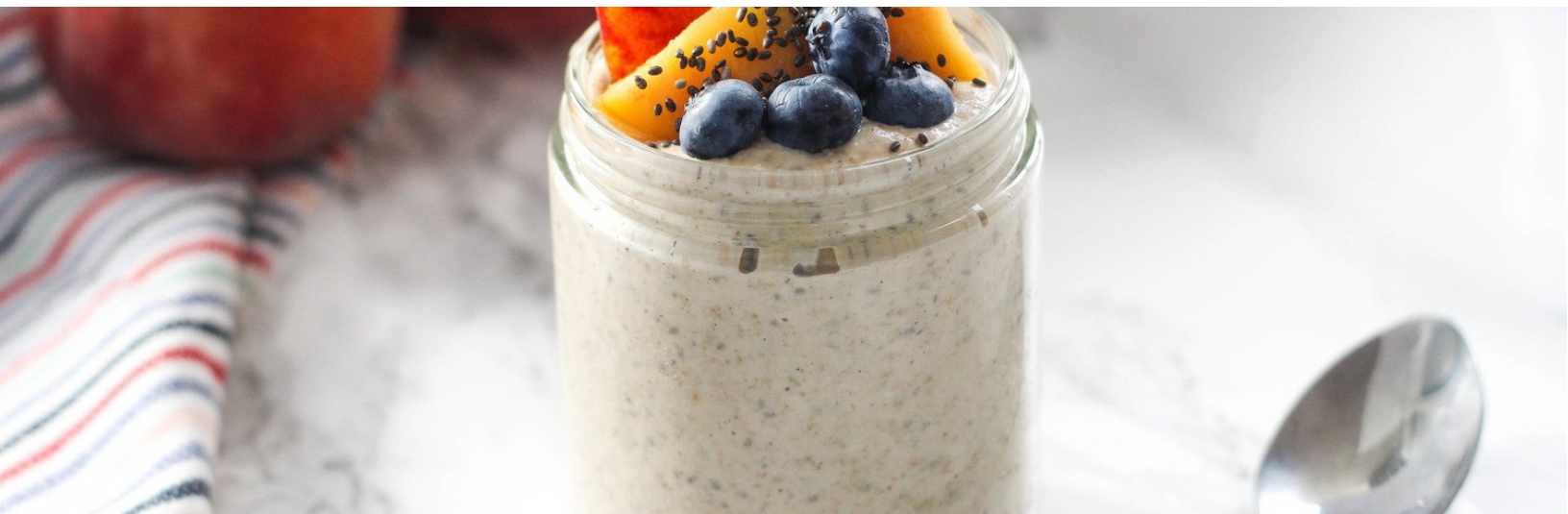
15 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1 Banana (sliced)
- 1/2 cup Almonds (crushed)
- 2 tbsps Hemp Seeds
- 1/2 cup Raspberries

Directions

- 1 Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
- 2 Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!



Peach Buckwheat Pudding

1 serving
2 hours 10 minutes

Ingredients

1/2 cup Buckwheat Groats (dry)
1/3 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 tbsp Almond Butter
1/8 tsp Cinnamon
1 Peach (sliced)
2 tbsps Blueberries

Directions

1

Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.

2

Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.

3

Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).