

Almond Cacao Overnight Oats for Magnesium



Serves 2 people

Info and Tips

Some of the key roles magnesium plays in the body are regulating muscle and nerve function, making proteins and DNA, regulating sleep, and blood vessel dilation (heart health).

All ingredients highlighted in **brown** contain magnesium.

I recommend using organic oats, and unsweetened nut milk.

Ingredients

- 1 cup rolled **oats**
- 2 tsp **chia seeds**
- 1 tbsp **cacao powder**
- 1 large tbsp **almond butter**
- 1 tbsp **maple syrup**
- ½ tsp **vanilla extract**
- Pinch or two of **salt**
- 1 cup **unsweetened nut milk**

Toppings: **pumpkin seeds**, **berries**, **unsweetened coconut shreds**, **apples**, **bananas**.

Preparation

1. In a bowl, mix together the **oats**, **chia**, **cacao** and **salt**.
2. Add the **almond butter**, **vanilla** and **maple syrup**, mix.
3. Stir in the **nut milk**, then transfer to two jars or cover the bowl and let this sit overnight or for 1 hour.
4. Top with **seeds**, **nuts**, **cacao nibs**, maybe add a touch more **nut milk**, and enjoy!