

# Recipe

## LOW FODMAP OVERNIGHT OATS & CHIA

*Recipe courtesy [www.FodmapEveryday.com](http://www.FodmapEveryday.com)*



### INGREDIENTS

1 1/3 cups (315 ml) unsweetened almond milk  
1 cup (99 g) old-fashioned rolled oats; do not use quick or instant; use gluten-free if following a gluten-free diet  
3 tablespoons chia seeds  
1 to 2 tablespoons maple syrup; optional

### PREPARATION:

1. I like to shake everything together in an airtight, lidded container. Just make sure everything is combined well and then refrigerate overnight.
2. Scoop out your serving (heat or eat cold) and add appropriate low FODMAP toppings and enjoy. The mixture will keep for several days in the refrigerator. Make a batch and eat all week for a quick breakfast or snack.

JWNC

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