



Overnight Oats with Chia Seed Pudding and Marionberry Preserves

OREGON
Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

NA

COOK TIME

NA

SERVES

2 parfaits

INGREDIENTS

Chai Seed Pudding:

- 4 tablespoons chia seeds
- 1 cup unsweetened plain almond milk
(or milk of your preference)
- 1 tablespoon maple syrup

Overnight Oats:

- 1 cup unsweetened plain almond milk
(or milk of your preference)
- 1 tablespoon maple syrup
- 1 cup rolled oats

Layers and Toppings:

- Oregon Growers Marionberry Preserves
(or other preserve flavors of your choice)
- Nut butters
- Pumpkin Seeds
- Dried Fruit
- Crushed/slivered nuts
- Fresh Fruit

PREPARATION

STEPS: (prep both chia seed pudding and overnight oats the day/evening before. The following day you can build your parfait. The parfait, without toppings, will last 12-24 hours in your refrigerator).

1. Chia Seed Pudding: In a small bowl or mason jar with a lid, add the chia seeds, milk and maple syrup. Mix well. Allow to sit for about 3 minutes. Mix again until you don't see any clumps. Cover with a lid and refrigerate overnight.

2. Overnight Oats: In a small bowl or mason jar with a lid, add the milk, maple syrup and rolled oats. Stir together, pressing down to make sure the oats are immersed in the milk. Cover with a lid and refrigerate overnight.

3. Build your Parfait: Divide the overnight oats into two bowls or jars. Add 1-2 tablespoons of nut butter over top of the oats. Next, divide the chia seed pudding and spoon over the nut butter. Add 1-2 tablespoons of preserves over top. From here you can add any additional toppings like fresh fruit, chopped nuts or seeds. All toppings should be added when ready to eat.

Click [HERE](#) to view our Recipe online

Click [HERE](#) for more Info about Oregon Growers Marionberry Jam