

# 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.



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