

Overnight Oats with Coconut Milk and Chia Seeds



(3)

Prep time 5m | Total time 8h 5m | Yields 4 Servings



Prepare this fantastic breakfast in advance and without having to cook. It only takes 5 minutes to combine the rolled oats with GOYA® **Pure Coconut Water**, GOYA® **Coconut Milk**, GOYA® **Organic Chia**, a little salt and honey. Leave in the refrigerator overnight and it'll be ready for you to enjoy in the morning. Top with your favorite fruits and nuts to start your mornings with something delicious and nutritious!

Ingredients

2 cups	rolled oats
1 carton (16.9 oz.)	GOYA® Pure Coconut Water
1 can (13.5 oz.)	GOYA® Coconut Milk
1 tbsp.	GOYA® Organic Chia
1/2 tsp.	GOYA® Salt
2 tbsp.	GOYA® Honey or maple syrup
2 tbsp.	slivered almonds, toasted

1/2
cup

blueberries

**Buy Ingredients**

This recipe was created by The Culinary Institute of America as an industry service to Goya Foods, Inc.

Directions

- 1 In medium bowl, mix oats, coconut water, coconut milk, chia seeds, salt and one tablespoon honey.
- 2 Divide mixture between four 1-cup mason jars or small serving bowls. Seal jars with lids, or cover bowls with plastic wrap, and leave in refrigerator overnight.
- 3 In the morning, top oats with almonds, blueberries, remaining honey and/or any of your favorite toppings, and serve.

**Buy Ingredients**

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