

# MAPLE PECAN OVERNIGHT OATMEAL

## Ingredients

### Maple Pecans

- 1 cup pecans, coarsely chopped
- 2½ tablespoons maple syrup
- ¼ teaspoon ground cinnamon
- Generous pinch salt

### Overnight Oatmeal

- 2 cups rolled oats (gluten-free certified, if needed)
- 2¼ cups Milk
- ¼ cup maple syrup
- 2 tablespoons chia seeds
- ½ teaspoon salt

## Instructions

### Maple Pecans

1. Heat a large skillet over medium to medium-high heat. Add the pecan pieces, maple syrup, cinnamon, and salt. Cook while stirring constantly until the pecans are coated in maple and nicely toasted, about 2 to 3 minutes.
2. Remove to a flat surface and let cool a few minutes.
3. Break up any clumps and store in an airtight container on the counter until ready to use.

### Overnight Oatmeal

1. Place the oats, milk, maple syrup, chia seeds, and salt in a bowl, and stir to combine. Cover and refrigerate overnight.
2. In the morning, give the oatmeal a quick stir, and divide it between 4 bowls. Enjoy cold, or heat for 1 minute, if desired. Top each bowl with the maple pecan pieces, to serve.
3. If serving 1 person, divide the oats between 4 jars and top each with the maple pecan pieces. Seal and refrigerate for up to 3 days. The jars can also be frozen. To defrost, take one out the night before and place in the refrigerator.

