

Warm Peach Cobbler Overnight Oats

Source: Dustin Harder of VeganRoadie.com

About the Recipe

209 Calories · 5 g Protein · 6 g Fiber

Breakfast

Ingredients

Makes 4 Servings

- 1 1/2 cups (165 grams) gluten-free rolled oats
- 1 tablespoon (8 grams) cinnamon
- 1 15-ounce can sliced or diced peaches (see note), with their juices (NOT syrup)
- 1 1/2 cups (12 fluid ounces) apple juice, unsweetened if possible

Directions

1. Combine oats and cinnamon in a large container. Strain the juices from the peaches and add the juice to the container of oats. Dice the peach slices roughly into small pieces and add to the oats. Add the apple juice and mix well until everything is combined. Seal tightly and set in the refrigerator for at least 8 hours or overnight.
2. Remove desired portion and heat in a nonstick skillet over medium heat 2-4 minutes until heated through, stirring frequently. Add nuts, seeds, vegan yogurt, and berries for topping as desired.
3. *NOTES:-If diced peaches are available, no need to strain from juices; add juice and diced peaches at the same time.-Can also be consumed cold as overnight oats.-PANCAKE variation: Add 2 cups of the oat mixture plus 1 cup dry rolled oats, 1 tablespoon flax meal, and 2 teaspoons baking powder to a blender. Blend until smooth. Scoop 1/4 to 1/2 cup batter onto a nonstick skillet over medium heat. Cook for 3-4 minutes until sides dry and pancake bubbles slightly. Flip and cook additional 3-4 minutes until cooked all the way

through. Nutrient Boost: Flax meal Chia seeds Walnuts Hemp seeds Pumpkin seeds Goji berries Additional Heating Options: Pour oats into an oven-safe baking dish and bake at 350 F for 20-25 minutes until heated through.

Nutrition Facts

Per serving:

Calories: 209

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 9%

Cholesterol: 0 mg

Protein: 5 g

Carbohydrate: 45 g

Sugar: 20 g

Fiber: 6 g

Sodium: 10 mg

Calcium: 49 mg

Iron: 2 mg

Vitamin C: 5 mg

Beta-Carotene: 246 mcg

Vitamin E: 1 mg