

PERSIMMON PUMPKIN OVERNIGHT OATS



PREP: 15 m | **SERVES:** about 5

DRY INGREDIENTS

1/3 cup rolled oats (certified gluten-free if necessary)	3/4 teaspoon cinnamon
1 tablespoon buckwheat groats	1/2 teaspoon ginger
1/2 tablespoon hemp seeds	1/4 teaspoon cloves
1 packet of powdered stevia	couple dashes of nutmeg
	pinch of salt

WET INGREDIENTS

1/3 cup pumpkin puree
1 cup of almond milk, or other vegan milk
1 persimmon, diced
1 teaspoon blackstrap molasses

DIRECTIONS

1. Add all dry ingredients to a jar or container with an airtight lid. Put the lid on and shake to combine.
2. Add the wet ingredients, reapply the lid and shake to combine again. Refrigerate overnight, or at least an hour.
3. Eat it cold or heat it in the microwave. (1 minute and 30 seconds, stir, then heat for 1 more minute).
4. Top with chopped nuts - pecans, cacao nibs, coconut, or whatever topping you like.
5. Serve hot and enjoy!