

AP Overnight Oats

by **Healing Family Eats**

Serves 4-6

3/4 cup [sliced tigernuts](#) (Canadians, I used [these](#))

3/4 cup [toasted coconut flakes](#)

1 cup grated carrot

1 granny smith apple, grated

1/4 cup raisins

1/2 tsp [ground cinnamon](#)

1/4 tsp [ground mace](#)

2-3 scoops [collagen](#) (optional)

1 x 500ml carton [coconut milk](#)

1 cup water

pinch [sea salt](#)

To serve (optional) -

coconut yoghurt

wild blueberries



Put all the ingredients into a large bowl and stir well. Push the dry ingredients down into the liquid. Cover the bowl and place into the refrigerator.

In the morning give the mixture a good stir and spoon into your bowl, or into glass jars if it's breakfast To-Go.

To serve, add a little more coconut milk if needed. Top with coconut yoghurt and/or berries if you like.

Keep for up to 3 days in the refrigerator.

Vacation Tip: Make the dry ingredients up in advance. Mix in the wet ingredients the night before you want to eat and you'll out sight seeing in no time.