

## Overnight Flaxseed "Oats" (Grain-Free, Gut-Friendly)

### Description:

A convenient, satisfying, and gut-friendly breakfast packed with fiber and healthy fats. Designed to promote regularity, prevent morning bloat, and provide sustained energy for the day ahead.

### Prep & Resting Time:

- **Prep Time:** 5 minutes
- **Resting/Chill Time:** 4 hours (or overnight)
- **Total Time:** 4 hours 5 minutes

### Ingredients:

- 1/4 cup ground flaxseeds
- 1 cup unsweetened plant-based milk (almond, soy, oat, or coconut milk work well)
- 1/2 tsp vanilla extract
- 1–2 tsp maple syrup or honey (adjust to your sweetness preference)
- Pinch of ground cinnamon or cardamom (for flavor and digestive benefits)
- **Optional toppings:** fresh fruit (berries, banana slices, or apple dices), nuts (almonds or walnuts), or seeds.

### Instructions:

1. In a jar, container with a lid, or bowl, combine ground flaxseeds, plant-based milk, vanilla, sweetener, and cinnamon.
2. Stir vigorously with a spoon or whisk to avoid clumps of flaxseed at the bottom.
3. Cover and refrigerate overnight (or at least 4 hours) until thickened into a pudding-like consistency.
4. In the morning, stir well and adjust thickness with a splash of milk if needed.
5. Top with fruits, nuts, or seeds of your choice and enjoy!

### Benefits:

The overnight soaking allows flaxseed's soluble fiber to fully absorb liquid, forming a natural gel that supports smoother digestion and combats bloating. This recipe boosts morning energy, balances gut health, and keeps you fuller for longer.

### Estimated Nutrition (per serving):

- Calories: ~220 kcal
- Protein: ~7 g
- Fiber: ~8 g
- Healthy Fats: ~12 g
- Carbohydrates: ~18 g
- Sugar: ~6 g