



The Nest Family Wellness Clinic

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Over Night Oats

Ingredients

- 4 cup rolled or steel cut oats
- 2 cup oat bran (optional)
- 1/2 cup fresh or dried fruit and seeds (i.e. raisins, dates, blueberries, etc., unsulphured only)
- 1 cup sunflower seeds or pumpkin seeds (can be ground)
- 1 cup nuts (i.e. walnuts and almonds)
- 1 cup lecithin granules (found at healthfood stores) (optional)
- 1 cup ground flax seed (grind in coffee grinder or blender)
- 1/2 cup milk thistle (silybum marianum seeds) (optional)
- 1/2 cup chia seeds (optional)

Experiment with the following herbs and spices, begin with 1 tsp. of each:

- Fennel, turmeric, ginger, cinnamon, Ashwagandha (*Withania somnifera*), reishi mushroom powder (*Ganoderma lucidum*), licorice powder (*Glycyrrhiza glabra*), ginseng powder (*Panax quinquefolius*)

Combine all ingredients then cover with water or a dairy-free milk like rice or coconut milk. Soak mixture for a minimum of 30 minutes or overnight before eating; keep refrigerated. Increase the batch as needed and place in individual mason jars for a meal on the go. Eat cold or at room temperature. Add fruit as desired.

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