

RASPBERRY CRUMBLE OVERNIGHT CHIA OATS

RECIPE BY: LINDSEY LOVE || DOLLY AND OATMEAL

there are 2 options for making these overnight oats:

1. *with a baked crumble. it adds an additional step, that only requires preheating the oven, and baking it for 5-7 minutes. if you have the time, i think it's definitely worth the extra few minutes.*
2. *with a crumble. this only requires a quick mixing of the ingredients, and then for them to sit overnight. both are super tasty and still give you that crumble vibe.*

| makes 2 generous servings |

crumble

- 1/4 cup almond meal
- 2 tablespoons gluten free rolled oats
- 2 tablespoons slivered almonds
- 1 teaspoon black sesame seeds
- 1/2 teaspoon chia seeds
- pinch of salt
- 1 1/2 tablespoon melted coconut oil
- 1/2 tablespoon maple syrup

raspberries

- 1 cup fresh raspberries
- 1 tablespoon water
- 1 teaspoon lemon juice
- 1-2 teaspoons maple syrup

oats

- 1 1/2 cups gluten-free rolled oats
- 2 tablespoons chia seeds
- fat pinch fine sea salt
- 1 1/2 cups almond breeze milk
- 1 tablespoon maple syrup
- 1 tablespoon almond butter

METHOD

1. *crumble. baked:* preheat oven to 350°F and line a baking sheet with parchment paper. in a small bowl, mix together the almond meal, oats, almonds, sesame seeds, chia

seeds, and salt. add the coconut oil and maple syrup, use a fork to toss everything together. place in the fridge for 10 minutes.

2. loosen the crumble with your fingers and turn out, and arrange it in an even layer on the baking sheet. bake for 5-7 minutes, until golden brown. remove from the oven and let cool.
3. crumble: raw: mix together the almond meal, oats, almonds, sesame seeds, chia seeds, and salt. add the coconut oil and maple syrup, use a fork to toss everything together. cover the bowl, and store the crumble in the fridge overnight.
4. *raspberries*. to a small saucepan over medium-low heat, add the raspberries, water, lemon juice, and 1 teaspoon of maple syrup. stir everything together and cook for 3-5 minutes, until most of the raspberries are broken down, and the liquid has reduced. remove from heat and let cool. store in an airtight container or jar and store in the fridge once fully cooled.
5. *oats*. mix together the oats, chia seeds, and a fat pinch of salt. in a separate bowl, whisk together the milk, maple syrup, and almond butter. stir the liquid ingredients into the dry. taste and add more salt and/or maple syrup if desired. place in an airtight jar or container, and store in the fridge overnight.
6. to assemble: scoop desired amount of overnight oats into a bowl. (drizzle more almond milk if you want a thinner consistency.) add a good scoop of raspberries over top. then add the baked or raw crumble over the raspberries (if using the raw crumble, use your hands to loosen the crumble into bits first). add more almond butter if desired.