

Mango Bliss: Gluten-Free Overnight Oats



Ingredients:

- 1 cup gluten-free rolled oats
- 1 ripe mango, peeled and diced
- 1 cup unsweetened almond milk (or any other non-dairy milk)
- 2 tablespoons maple syrup or honey (optional, adjust to taste)
- 1/2 teaspoon vanilla extract
- Pinch of salt
- Chopped nuts or seeds for topping (optional)
- Additional diced mango for garnish (optional)

Methods:

1. In a bowl or container, combine the gluten-free rolled oats, diced mango, almond milk, maple syrup or honey (if using), vanilla extract, and a pinch of salt. Stir well to combine all the ingredients.
2. Cover the bowl or container with a lid or plastic wrap and refrigerate it overnight, or for at least 4-6 hours, to allow the oats to soften and soak up the flavors.
3. The next morning, give the overnight oats a good stir. If the mixture seems too thick, you can add a splash more almond milk to reach your desired consistency.
4. Serve the mango gluten-free overnight oats chilled or at room temperature, topped with chopped nuts or seeds if desired and additional diced mango for garnish.