matcha blended overnight oats

prep time:
10

featured product:
baby spinach

wake up to something wonderful with this overnight, super-powered breakfast bowl.

made with simple ingredients meant to perk you up and power you through the day.

ingredients

servings: 2

2 packed handfuls **organicgirl baby spinach**
2 cups rolled oats
1 ripe banana
1 teaspoon matcha powder
¼ cup chia seeds
2 cups plant-based milk of choice
2 tablespoons pure maple syrup

optional garnish:
banana slices
fresh raspberries
drizzle of agave or honey

directions

1. blend
add the spinach, oats, banana, matcha, chia seeds, plant-based milk, and maple syrup to a high-speed blender. blend until completely smooth and creamy.

2. chill
pour the mixture into jars or bowls. cover and refrigerate for at least 4 hours or overnight until thickened.

3. serve
stir well before serving. add banana slices, raspberries, and a drizzle of agave or honey, if desired.