



## 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.