



# WellBeingMD's Mindful Kitchen

## Overnight Oats in Coconut Milk with Cranberries and Almonds



This gluten and dairy free breakfast option is so versatile that you will be soon designing your own variations. **Serves: 2**

### Ingredients:

- **Gluten free old fashioned rolled oats** - 1 cup
- **Unsweetened coconut milk** - 1 cup
- **Vanilla extract** - ½ tsp
- **Water** - 1 cup
- **Dried cranberries** - ¼ cup
- **Slivered almonds** - 2 tbsp.
- **Unsweetened coconut shavings** - 2 tbsp.
- **Maple syrup**- 2 tsp
- Pinch of **Celtic sea salt**

### Directions:

1. Add oats, coconut milk, vanilla extract and water in bowl and refrigerate overnight.
2. Remove the bowl from refrigerator in the morning.
3. If desired may heat on stovetop.
4. Add in pinch of Celtic sea salt, cranberries, almonds and maple syrup.
5. Top with shredded coconut.
6. Serve warm or chilled.



**CRANBERRIES - Description/Taste** Cranberries are similar to olives and artichokes in the sense that each of these fruits must be altered from their raw stage to create a product that is truly palatable for human consumption. Raw cranberries are glossy and scarlet red in appearance, firm in texture with a bitter, starchy and tart flavor. Once juiced, cooked and processed, Cranberries display the perfect sweet-tart ratio that is both quenching and nostalgically satisfying. The best fresh cranberries are not only firm to the touch but have a bouncing quality that is actually tested during harvest. The highest quality cranberries will bounce freely off a hardened surface.

**Current Facts** - Cranberries, botanically known as *Vaccinium macrocarpon*, are the fruit of a deep rooted evergreen shrub trailing plant of the genus, *Vaccinium*, the same genus that contains the blueberry plant. The cranberry received its original name, 'Crane berry' as a result of the plant's flower abstractly resembling the head of the Sand crane, which frequented the bogs that the Cranberry plants were found growing in within Northeastern United States.

**Nutritional Value** Cranberries are well known for and continue to be heavily researched for the health benefits they provide. They are loaded with **antioxidants, anti-cancer and anti-inflammatory properties**. They contain high levels of **phytonutrients**, which provide their intense red coloring. These phytonutrients are actually enhanced by sunlight exposure, thus, inadvertently the method of harvesting floating Cranberries allows the cranberries to develop greater concentrations of the **antioxidant, anthocyanin**. It is important to note, cranberries must be eaten in a non-processed form to provide the highest level of health benefits. Processing disrupts the antioxidant combination and decreases their level of synergistic benefits.

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Home of "The Mindful Kitchen"

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