



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 [Organic Girl 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.