**Oatmeal Parfait**

**1 serving
15 minutes**

* 1.5 cup gluten-free rolled oats
* 1 cup [oat milk](http://www.mindfulwellness.us/breakfast/oat-milk%22%20%5Ct%20%22_blank)
* 1/2 cup blueberries
* 1/2 banana

topped with:

* 1/2 cup brazil nuts
* 2 tbsp nut butter (almond or peanut)
* 1 tbsp chia seeds
* 1 tbsp hemp seeds
* 1 tbsp shredded coconut flakes
* 1 tbsp unsweetened cacao nibs
* 1 tsp cinnamon
1. Fill a a bowl or mason jar with oats.
2. Add the oat milk and fruit. Stir together.
3. Top off the mixture with toppings.

*Tips:*

* Feel free to use the fruit of your choice. Some of our favorite fruits to include are raspberries, blueberries, strawberries, kiwis, blackberries, or pomegranate seeds depending upon the season.
* Oat milk can be substituted for any other milk (coconut milk, hemp milk, etc.).
* If prepared overnight, pour in enough milk so that the dry ingredients are covered by about an inch, or as desired.