

◆ RECIPES ◆

THE ALCHEMIST OF RIDDLE AND RUIN BY GIGI PANDIAN

Chocolate Strawberry Overnight Oatmeal

A chilled oatmeal that's perfect for a hearty start to a warm day.

Ingredients:

- 1/2 cup rolled oats
- 3/4 cup almond milk (or other milk of choice)
- 1/4 cup plant-based plain yogurt (or other plain yogurt of choice)
- 1 tsp chia seeds
- 1 Tbsp cacao powder
- 1/4 cup fresh strawberries, chopped
- 1/2 Tbsp maple syrup
- 1 Tbsp sunflower seeds
- Dash salt
- Cinnamon



Directions:

Mix all the ingredients together in a 2-cup mason jar or bowl. Cover and place in the fridge overnight, or for at least 4 hours. When you're ready to eat it, top with cinnamon and additional fruit, if desired. Enjoy!

Variations:

Don't like strawberries? Substitute any summer berry, or 1 Tbsp dried fruit of choice.

Want a more decadent treat? Instead of sunflower seeds, add 1 Tbsp nut butter.

Want to turn this into a dessert? Mix in an additional Tbsp maple syrup, and when you're ready to serve it, divide the mixture into two martini glasses and sprinkle with chocolate chips.

Vanilla Blueberry Chia Pudding

A hearty breakfast pudding that's a perfect combination of delicious, healthy, and filling.

Ingredients:

- 3 Tbsp chia seeds
- 3/4 cup almond milk (or other milk of choice)
- 1/4 cup plant-based plain yogurt (or other plain yogurt of choice)
- 1/2 cup fresh blueberries
- 1/2 tsp vanilla extract
- 1/2 Tbsp maple syrup, or adjust up or down to preferred sweetness

Directions:

Mix all the ingredients together in a 2-cup mason jar or bowl. Cover and place in the fridge overnight. The chia seeds will plump a lot, so the patience of waiting overnight results in a creamy pudding. Yum!

Summer Fruit Popsicles

An easy warm-weather treat—no popsicle molds required.

Ingredients:

- 1 cup fresh summer fruit, diced (e.g. strawberries, peaches, raspberries)
- 1 cup coconut milk (full fat, not “light”)
- 2 Tbsp maple syrup

Directions:

Mix ingredients together in a bowl. Divide into popsicle molds, if you have them. Don't have popsicle molds? Simply use ice-cube trays and toothpicks. To keep the toothpicks from falling over before the mixture sets, place foil over the filled cubes, then poke toothpicks through the foil. Chill for at least 4 hours before eating.