

OVERNIGHT ZUCCHINI APPLE OATS

By Petra Korn

Makes 2 servings

Ingredients:

* 1 small zucchini, grated
* 1 apple, grated
* ½ cup rolled oats
* ¾ cup plant milk or water
* 1 tsp. cinnamon
* 1 tsp. vanilla powder
* 1 Tbsp. raisins

Method:

1. Combine all ingredients in a big bowl or jar and let sit over night in the fridge.
2. Serve hot or cold in the morning.