

Trim Healthy  
W I S D O M

## Kefir Overnight Oats (E or XO)

This life-changing recipe is a delicious, trimming, gut healing, methylating, and lean mean body mass enhancing gem. It combines oats with kefir but keeps the density of each in mind for challenging pause seasons. You can make it in several ways. You can make it as overnight oats, as the title suggests, or as regular oats or instant oats in the morning. Pick your own best way. The half each mixture of rolled oats and quick oats here is important. The quick oats help thicken (and don't be super concerned about blood sugar spikes as we have lots of blood sugar stabilizers included), while the rolled oats supply some chewy oat texture.

Single Serving

### INGREDIENTS:

#### Dry Ingredients

- 2 Tbs old-fashioned rolled oats
- 2 Tbs quick oats
- 1 Tbs [TH Whole Husk Psyllium Flakes](#)
- 1 Tbs [TH Baobab Boost Powder](#)
- 3-4 doonks [TH Pure Stevia Extract Powder](#)  
(or your favorite on-plan sweetener to taste)
- 3 Tbs [TH Optimized Plant Protein](#)

#### Wet Ingredients

- $\frac{3}{4}$  cup water (just off boil for the Overnight Oats or room temperature for the Regular or Instant Morning Oats)
- $\frac{3}{4}$  cup *Home Fermented Kefir* (lean)
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup each frozen wild blueberries and frozen raspberries

Your choice of *Standard Toppings*



## INSTRUCTIONS:

1. Put the dry ingredients into a 12-ounce jar for Overnight Oats, or into a small saucepan for Regular Morning Oats, or into a breakfast bowl (not plastic) for Instant Morning Oats.
2. For the Overnight Oats Version: Place a metal fork into a jar, then pour in the boiled water (the metal fork ensures the glass does not break). Stir mixture very well. Add the frozen berries. Stir them well into the mixture. The berries will quickly defrost in the hot oats and cool the oats down to a lukewarm temperature. Once this has occurred (just takes a minute or so) pour in the kefir (you don't want kefir combined into hot oats as that kills the gut-healing microbes). Stir kefir in well. Cover with a lid and place jar in refrigerator to sit overnight. In the morning or when ready to eat, stir, then top with *Standard Toppings* of your choice.
3. For the Regular Morning Oats Version: Add water to saucepan containing dry ingredients. Set to high, stir well, and allow to come to a quick boil. Turn heat to low and let simmer for a minute or two. Take off heat, stir again, transfer mixture to a breakfast bowl, then add frozen berries. Stir them in well and allow them to cool the oats down. Once oats are lukewarm, add kefir and stir well once again. Top with your choice of *Standard Toppings*.
4. For the Instant Morning Oats Version: Put dry ingredients into a ceramic breakfast bowl. Add the boiled water and stir well. Add frozen berries and stir again. Once the oats are lukewarm, add kefir and stir well once again. Top with your choice of *Standard Toppings*.

## Protein Nerd Notes:

The 3 Tbs of [TH Optimized Plant Protein](#) provides all your Protein Nerd Level 3 and leucine requirements for lean body mass protection and enhancement. If you'd rather use less OPP for flavor preferences, reduce to 1½ Tbs and enjoy a full serving of [TH Optimized Collagen](#) in your coffee.