

Pecan Coffee Cake Overnight Oats

Swick

Serves 1 | Active Time: 15 minutes | Total Time:

Chef's Notes

Nutritionals

Calories 445 | Total Fat 19g | Saturated Fat 2.1g | Sodium 296mg | Total Carbohydrate 62.7g | Dietary Fiber 12.3g | Total Sugars 31.2g | Protein 9.1g | Calcium 165mg | Iron 3mg | Potassium 273mg |

Step 1: Prepare the Recipe

- 2 cups fresh pecans
- 3 cups water
- 1/2 cup + 2 tablespoons coconut sugar
- 1 tablespoon vanilla extract
- 3/4 teaspoon ground cinnamon, divided
- Pinch of salt
- 1 1/2 cups oats
- 6 tablespoons chia seeds
- 1 tablespoon avocado oil

Preheat the oven to 325 degrees Fahrenheit.

Spread the pecans out evenly on a parchment-lined pan and toast for 15 minutes, until golden brown and fragrant. Set aside 1/3 of the total nuts (a little less than 3/4 of a cup) and add the remaining 2/3 of the nuts to a dry blender.

Pulse until a rough pecan flour forms. Remove half of the flour from the blender; set aside.

To the remaining flour in the blender, add water, 1/2 cup coconut sugar, vanilla extract, 1/2 teaspoon ground cinnamon and a pinch of salt. Blend until a very smooth pecan "milk" forms.

In a large bowl, stir together oats and chia seeds. Pour pecan "milk" over oats and chia; stir.

Roughly chop the remaining whole toasted pecans and add to a small bowl with the set-aside pecan flour, 2 tablespoons coconut sugar, 1/4 teaspoon cinnamon, and avocado oil. Stir to create a crumble topping.

Store overnight oats mixture in the refrigerator separately from crumble topping. When ready to serve, top the overnight oats generously with the crumble, or layer in a parfait glass.

Overnight oats will be ready after 1 hour, or when chia seeds have become gelatinous and will last in the refrigerator for up to 5 days.