

## **garnish menu 2021-2022**

### **Fall/winter 2021-2022**

#### ***Almond Cranberry Cardamom Overnight Oats***

Overnight oats layered with chia pudding

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** ALMONDS, COCONUT

**INGREDIENTS:** Almonds Slivered, Nutmeg Ground, Coconut Yogurt Dairy Free, Cardamom Ground, Rolled Oats Gluten Free, Cloves Whole, Oat

Powder, Cranberries, Maple Syrup, Chia Seeds

Calories 290, Protein 8g, Carbohydrates 46g

#### ***Almond Date Cardamom Overnight Oats***

Overnight oats layered with chia pudding

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** ALMONDS, COCONUT

**INGREDIENTS:** Almonds Slivered, Nutmeg Ground, Coconut Oil, Coconut Yogurt Dairy Free, Dates Syrup, Cardamom Ground, Dates Medjool, Rolled

Oats Gluten Free, Oat Powder, Chia Seeds

Calories 400, Protein 10g, Carbohydrates 57g

#### ***Blueberry Pistachio Coconut Overnight Oats***

overnight oats with chia pudding

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** COCONUT, PISTACHIOS

**INGREDIENTS:** Rolled Oats Gluten Free, Coconut Flakes, Pistachios Raw, Coconut Yogurt Dairy Free, Oat Powder, Chia Seeds, Blueberries Dried (Apple Juice Sweetened)

Calories 330, Protein 8g, Carbohydrates 51g

#### ***Maple Pecan Apple Overnight Oats***

Overnight Oats with Chia pudding

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** PECANS, COCONUT

**INGREDIENTS:** Nutmeg Ground, Coconut Yogurt Dairy Free, Hemp Seed, Rolled Oats Gluten Free, Cinnamon Ground, Oat Powder, Pecans, Apples,

Maple Syrup, Chia Seeds

Calories 310, Protein 8g, Carbohydrates 49g

***Maple Pecan Pear Overnight Oats***

Overnight Oats

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** COCONUT, PECANS

**INGREDIENTS:** Pears - Bartlett, Nutmeg Ground, Coconut Yogurt Dairy Free,  
Hemp Seed, Rolled Oats Gluten Free, Cinnamon Ground, Oat Powder,  
Pecans, Maple Syrup, Chia Seeds

Calories 310, Protein 8g, Carbohydrates 49g

***Sweet Plantain Overnight Oats***

Overnight Oats

Vegan, Gluten Free, Dairy Free, Corn Free, Peanut Free,

**CONTAINS:** COCONUT, WALNUTS

**INGREDIENTS:** Walnuts, Coconut Yogurt Dairy Free, Hemp Seed, Rolled  
Oats Gluten Free, Cinnamon Ground, Oat Powder, Plantains, Maple Syrup,  
Chia Seeds

Calories 320, Protein 8g, Carbohydrates 53g