Recipe from I Will Not Eat Oysters

OVERNIGHT TAHINI OATS

**MAKES 1 BOWL**

**THE THINGS**

2/3 cup quick cooking oats

2/3 cup milk (2%, skim, or soy milk)

2 tbsp tahini (sesame paste)

½ tsp vanilla bean paste (or extract)

pinch salt

sliced bananas

chopped pistachios

tahini (sesame paste)

silan, or honey

cinnamon

**THE WAY**

Place the oats in a serving bowl. In a measuring glass or small bowl, whisk together the milk, tahini, vanilla bean paste, and pinch of salt. Pour over the oats, cover the bowl with plastic wrap and set in the fridge overnight.

Mix the oats together the next morning. They will be thick and sticky (and delicious). Add sliced bananas, pistachios, a drizzle of tahini, bit of silan or honey, and a sprinkle of cinnamon. The more silan or honey you add, the sweeter the oats will be. Enjoy!

**Recipe from I Will Not Eat Oysters. This recipe cannot be published without the consent of Danielle Oron**