

Low-Glycemic Hemp & Chia Overnight Breakfast Bowl

A blood sugar-friendly breakfast that replaces traditional oats with hemp hearts and chia seeds for sustained energy without the glucose spike.

Prep: 5 min

Total: 245 min

Servings: 1

GL 2.9 / GI 11

Ingredients

- Complete protein source with minimal glycemic impact** hemp hearts
- High-fiber, low-carb thickener** coconut flour
- Choose unsweetened or stevia-sweetened varieties** vanilla protein powder
- Expands to create creamy texture while slowing glucose absorption** chia seeds
- Use unsweetened variety to avoid added sugars** unsweetened almond milk
- May help improve insulin sensitivity** ground cinnamon
- Lower glycemic fruit option rich in antioxidants** fresh mixed berries

Instructions

Step 1

Select a clean mason jar or airtight container with at least 12-ounce (350ml) capacity for proper expansion of the chia seeds overnight.

Step 2

Add the hemp hearts (3 tbsp), coconut flour (0.5 tbsp), and unsweetened protein powder (2 tbsp) to the jar. These dry ingredients form the protein and fiber base that stabilizes blood sugar.

Step 3

Sprinkle in the chia seeds (2 tbsp) and ground cinnamon (0.25 tsp), distributing them evenly throughout the jar.

Step 4

Pour the unsweetened almond milk (160ml) over the dry ingredients. Use a fork or small whisk to stir vigorously for 30-45 seconds, ensuring no clumps remain and all ingredients are fully incorporated. Pay special attention to breaking up any protein powder clumps.

Step 5

Seal the jar tightly with a lid and give it a gentle shake to ensure complete mixing. Refrigerate for at least 4 hours, or preferably overnight (8-12 hours), allowing the chia seeds to absorb the liquid and create a creamy, pudding-like consistency.

Step 6

When ready to serve, remove from refrigerator and stir well. If the mixture is too thick for your preference, add 1-2 tablespoons of additional unsweetened almond milk and stir until you reach desired consistency.

Step 7

Top with fresh berries (0.5 cup) and optional additions like cacao nibs, unsweetened coconut flakes, or a dollop of almond butter. For optimal blood sugar control, eat the berries last or mix them in to slow their glucose absorption. Enjoy immediately while cold.