

Pomegranate Chia Overnight Oats



No cooking required, and almost nothing to wash when you are done. Stir it together and it makes itself while it sits overnight in the refrigerator. Serves one, easily multiplied.

- In a small jar with a lid, stir together
 - ½ cup **old-fashioned oats**
 - 1 tablespoon **chia seeds**
 - ½ cup **pomegranate juice**
 - ¼ cup **water**
- Cover and refrigerate overnight, or for up to 3 days
- When ready to serve, top with
 - spoonful of **plain yogurt**
 - variety of fresh, dried or frozen **organic berries**
 - small handful of crushed **walnuts**

Dietary Strategies for People with MSA Include:

Antioxidant rich foods to reduce oxidative stress and protect vulnerable brain cells.

Foods that reduce alpha-synuclein deposits.

Omega-3 fatty acid rich foods to reduce inflammation and provide building blocks to repair damaged brain cells.

High fiber foods, which help keep the gut moving to prevent constipation.

Fork**Better** is Food with Purpose

Designed to help you eat better, feel better, and live better. This Fork**Better** recipe uses ingredients supported by science to help promote healthy digestion and healthy brain cells.

Oats

High in soluble fiber and resistant starch, which feed gut bacteria and produce short chain fatty acids (SCFA) which may reduce the toxicity of alpha-synuclein. (Pasinetti, 2017)

Chia Seeds

Good source of fiber, omega-3 fatty acids and antioxidants.

Pomegranate Juice

Antioxidant rich, neuroprotective, protects against oxidative stress and reduces alpha-synuclein. (Kujawska, 2019)

Yogurt

Contains probiotics for healthy digestion and healthy brain.

Berries

High in antioxidants and fiber.

Walnuts

Good source of omega-3 fatty acids.

Dr. Deneb Bates is a naturopathic physician who treats autoimmune and degenerative brain diseases at the International Multiple Sclerosis Management Practice in Manhattan. With her background and training as an ethnobotanist, physician-scientist, and chef, Dr. Bates strongly believes in “food as medicine.” After more than a decade spent seeing patients, and putting emerging high-quality scientific evidence into practice every day for real people, Dr. Bates has created Fork**Better** to educate and empower you to live better, through fun and delicious strategies.