

Angie Bloom

Strawberry Overnight Oatmeal

Ingredients

- 1/2 cup rolled oats
- 3/4 cup fat free Greek or coconut yogurt
- 2 tbsp almond milk
- 1/4 tsp vanilla extract
- 1 tbsp low calorie or regular real maple syrup (or any sweetener you like, you could also use stevia or monk fruit)
- 1 scoop vanilla protein powder
- 1/8 tsp salt (just a pinch)

Filling:

- 1/2 heaping cup chopped strawberries
- 1/2 tsp honey
- Squeeze of Lemon

Notes: More strawberries, vanilla Greek yogurt, light whipped cream, granola, or crushed nuts make great toppings.

Directions:

I will make 2-3 batches at a time and store in the fridge for easy access up to 5 days.

Serving Size: 1

Calories/Macros (Entire Recipe): Approx. 394 Calories, 44g Protein, 48g Carbs, 3g Fat