



Strawberry Almond Overnight Oats

Prep Time	15 mins
Total Time	8 hrs
Meal Type	Breakfast,Snack
Contributed By	LivingPlateRx
Source	Living Plate Teaching Kitchen
Servings	2



Ingredients

lb,c g,ml

- 1/2 cups Greek yogurt, plain
- 1 cups oats, rolled gluten free, if needed
- 1 cups almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1/2 tsp vanilla extract
- 1 lemon, *zested* (for 1 tablespoon lemon zest)
- 1/2 tsp cinnamon
- 2 Tbs almonds, *slivered* for garnish
- 1 cups strawberries, fresh, *sliced*

Directions

Prep

1. Zest lemon for 1 tablespoon of zest.

Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, vanilla, cinnamon, and lemon zest. Add the top to the jar and shake.
2. Leave in the fridge overnight.
3. Top with almonds and strawberries.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 382
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 13.0g	19%	Total Carbohydrates 53g	17%
Saturated Fat 2.0g	9%	Dietary Fiber 12g	49%
Trans Fat 0.1g		Total Sugars 14g	
Cholesterol 6mg	1%	Protein 16g	
Sodium 121mg	5%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 1mcg 13% · Calcium 470mg 46% · Iron 4mg 21% · Potassium 580mg 12%

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