



Black Forest Overnight Oats



Entire recipe: 276 calories, 6g total fat (2g sat. fat), 267mg sodium, 44g carbs, 6g fiber, 13.5g sugars, 12.5g protein

Prep: 5 minutes

Chill: 6 hours

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Ingredients

1/2 cup unsweetened vanilla almond milk
1/4 cup fat-free plain Greek yogurt
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. vanilla extract
2 drops almond extract
1/8 tsp. cinnamon
Dash salt
1/2 cup old-fashioned oats
1/3 cup pitted dark sweet cherries (fresh or thawed from frozen and drained), chopped
1 1/2 tsp. mini semi-sweet chocolate chips

Directions

In a medium bowl or jar, combine almond milk, yogurt, sweetener, vanilla extract, almond extract, cinnamon, and salt. Mix until uniform.

Stir in oats and chopped cherries.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Top with chocolate chips.

MAKES 1 SERVING

HG Tip: If starting with frozen cherries, make sure no sugar has been added.

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