



Overnight Oats Power Parfait



Entire recipe: 324 calories, 8g total fat (1g sat. fat), 252mg sodium, 45g carbs, 7g fiber, 12.5g sugars, 21g protein

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Prep: 10 minutes

Chill: 8 hours



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Ingredients

1/4 cup unsweetened vanilla almond milk
2 tbsp. vanilla protein powder with about 100 calories per oz.
1/2 cup old-fashioned oats
1 packet natural no-calorie sweetener
1/8 tsp. cinnamon
1 drop vanilla extract
Dash salt
1/3 cup fat-free vanilla Greek yogurt
1/2 cup sliced strawberries
1/4 oz. (about 1 tbsp.) sliced almonds or chopped pistachios

Directions

In a medium bowl, combine almond milk, protein powder, oats, sweetener, cinnamon, vanilla extract, and salt. Mix well.

Cover and refrigerate for at least 8 hours, until oats are soft and have absorbed most of the liquid.

Stir oatmeal. In a mid-sized glass, layer half of each ingredient: oatmeal, yogurt, and strawberries.

Repeat layering with remaining oatmeal, yogurt, and strawberries. Top with nuts.

MAKES 1 SERVING

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