



Trail Mix Fix Overnight Oats



Entire recipe: 284 calories, 9.5g total fat (2g sat. fat), 246mg sodium, 43g carbs, 6g fiber, 12.5g sugars, 8g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

1/2 cup unsweetened vanilla almond milk
1/2 cup old-fashioned oats
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
Dash salt
1 tbsp. raisins, chopped
1/4 oz. (about 1 tbsp.) sliced almonds
1 1/2 tsp. mini semi-sweet chocolate chips

Directions

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

Stir in all remaining ingredients.

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

MAKES 1 SERVING

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