



Matcha Overnight Oats



Entire recipe: 174 calories, 4g total fat (0.5g sat. fat), 89mg sodium, 28.5g carbs, 4.5g fiber, 1g sugars, 6g protein

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Prep: 5 minutes **Chill:** 6 hours



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Ingredients

1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk (or your milk of choice)
1 tsp. (or 1 single-serve packet) matcha green tea powder ([get it here!](#))
1 packet natural no-calorie sweetener
Dash cinnamon, or more to taste

Directions

In a medium bowl or jar, combine all ingredients. Mix well.

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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