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

**Green Plan SmartPoints® value 8**
**Blue Plan (Freestyle™) SmartPoints® value 8**
**Purple Plan SmartPoints® value 4**

Prep: 10 minutes  
Chill: 8 hours

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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