



Strawberries & Cream Overnight Oatmeal Parfait



Entire recipe: 322 calories, 4.5g total fat (0.5g sat. fat), 144mg sodium, 51.5g carbs, 6.5g fiber, 19g sugars, 20.5 protein

Prep: 5 minutes
Chill: 8 hours

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Ingredients

- 1/2 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 1 packet natural no-calorie sweetener
- One 5.3-oz. container (about 1/2 cup) fat-free vanilla Greek yogurt
- 2/3 cup sliced strawberries

Seasonings:

- 1/4 tsp. cinnamon

Directions

In a medium bowl, combine oats, milk, sweetener, and cinnamon. 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 tall glass, layer half of each ingredient: oatmeal, yogurt, and strawberries.

Repeat layering with remaining oatmeal, yogurt, and strawberries.

MAKES 1 SERVING

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