



## Tie-Dye Overnight Oatmeal Parfaits



1/2 of recipe (1 parfait): 319 calories, 6g total fat (0.5g sat. fat), 159mg sodium, 52g carbs, 6.5g fiber, 9.5g sugars, 15g protein

**Prep:** 10 minutes    **Cook:** 6 hours



### Ingredients

- 1 1/2 cups old-fashioned oats
- 1 1/2 cups unsweetened vanilla almond milk
- 3 packets no-calorie sweetener
- 1 drop each pink, blue, and green food coloring (or any colors)
- One 5.3-oz. container fat-free vanilla Greek yogurt

### Directions

Evenly distribute oats, milk, and sweetener among three glasses. (1/2 cup oats, 1/2 cup milk, and 1 sweetener packet per glass.) Stir, cover, and refrigerate overnight.

Stir one drop of food coloring into each glass of oatmeal. (Add more, if you like.) Set out two parfait glasses, and evenly divide oatmeal and yogurt between them, strategically layering to create a tie-dye effect!

### MAKES 2 SERVINGS

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