



Tin Roof Sundae Overnight Oats



Entire recipe: 336 calories, 12.5g total fat (1.5g sat. fat), 338mg sodium, 42g carbs, 10g fiber, 7g sugars, 17g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

3/4 cup unsweetened vanilla almond milk
1/2 cup old-fashioned oats
2 tbsp. vanilla protein powder with about 100 calories per scoop
1 tbsp. chia seeds
1 packet natural no-calorie sweetener
1 dash salt
1/4 oz. (about 1 tbsp.) chopped peanuts
1 tbsp. light chocolate syrup
Optional topping: maraschino cherry

Directions

In a medium bowl or jar, combine all ingredients except peanuts and syrup.

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

Stir well. Top with peanuts and syrup.

MAKES 1 SERVING

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