



Vanilla Overnight Oats with Raspberries



Entire recipe: 308 calories, 9.5g total fat (1g sat. fat), 305mg sodium, 42g carbs, 13.5g fiber, 4.5g sugars, 16g 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. plain protein powder with about 100 calories per serving (like the kind by [Quest](#) or [Tera's Whey](#))
1 tbsp. chia seeds
1 packet natural no-calorie sweetener (like Truvia)
1/4 tsp. vanilla extract
Dash salt
1/2 cup raspberries

Directions

In a medium bowl or jar, combine all ingredients *except* raspberries. Mix thoroughly.

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

Top with raspberries.

MAKES 1 SERVING

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