



## Creamy Overnight Oats ~ Allon-Z!

1 serving

8 hours

### Ingredients

- 1/4 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 1/3 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Plain Greek Yogurt

### Nutrition

Amount per serving	
Calories	198
Fat	7g
Carbs	22g
Fiber	5g
Sugar	2g
Protein	10g
Cholesterol	8mg
Sodium	90mg
Vitamin A	479IU
Vitamin C	4mg
Calcium	353mg
Iron	2mg
Vitamin B12	0µg
Magnesium	69mg

### Directions

- 1 Add the oats, chia seeds, almond milk, vanilla extract, and Greek yogurt in a 8-oz mason jar. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Store in the fridge until ready to eat. Enjoy cold, together with a piece of fruit or a cup of berries. If needed, you can add a teaspoon of maple syrup or honey when ready to eat, but if you enjoy this oatmeal without added sugar, that's even better :)

### Notes

**Leftovers:** Refrigerate in a Mason jar for up to four days.

**Suggested Toppings:** Fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

**Why Greek Yogurt?:** You can use another type of yogurt if you wish, even vegan yogurt if that works best for you. I suggest Greek yogurt because it has a high protein content, and is very smooth and creamy even when low-fat or no-fat.