

CINNAMON VANILLA OVERNIGHT OATS

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1

Nutrition (per serving)

Calories: 268

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 114 mg

Total Carbohydrate: 42 g

Dietary Fiber: 6 g

Total Sugars: 9 g

Protein: 11 g



Ingredients

- ½ cup quick oats
- ½ cup 1% milk (or milk of choice)
- ¼ cup non-fat vanilla yogurt
- 1 tablespoon sugar free syrup
- ½ teaspoon ground cinnamon
- 1 tablespoon ground flaxseed

Directions

1. In a bowl, mix together all ingredients.
2. Cover and refrigerate for at least 4 hours or overnight.
3. Top with diced apples, almonds, or pecans if desired.