



STRAWBERRIES AND CREAM OVERNIGHT OATS

SERVES: 1 **Prep Time:** 5 min. + 4 hours (or overnight) to chill **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1½ 1 ½ 1 ½

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| 1 cup | chopped strawberries, divided use | <ol style="list-style-type: none"> 1. Place <i>½ cup</i> strawberries, yogurt, coconut milk, maple syrup, and jam in blender; cover and blend until smooth. 2. Place <i>remaining ½ cup</i> strawberries, oats, and chia seeds in a medium bowl. Top with yogurt mixture; stir to combine. Cover tightly; refrigerate four hours, or overnight. |
| ¼ cup + 2 Tbsp. | reduced-fat (2%) plain Greek yogurt | |
| ½ cup | canned lite coconut milk | |
| 1 tsp. | pure maple syrup | |
| 1 Tbsp. | reduced-sugar strawberry jam | |
| ¼ cup | dry rolled oats, gluten-free | |
| 1 Tbsp. | chia seeds | |

NUTRITIONAL INFORMATION (per serving): **Calories:** 389 **Total Fat:** 16 g **Saturated Fat:** 8 g **Cholesterol:** 9 mg
Sodium: 101 mg **Carbohydrates:** 50 g **Fiber:** 11 g **Sugars:** 23 g **Protein:** 17 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.