

Creamy Strawberry Vanilla Overnight Oats

These Strawberry Vanilla Overnight Oats are a breakfast meal-prep miracle! All you have to do is throw all of the ingredients into a jar, let them sit overnight, and an easy and delicious breakfast is ready for you in the morning. Not only are these overnight oats tasty, but they are packed with fiber and protein to keep you satisfied until lunch!

**PREP TIME:**

10 minutes

COOK TIME:

0 minutes

TOTAL TIME:

10 minutes

AUTHOR: Lee Hersh**YIELD:** 3

Ingredients

- 1 cup Greek yogurt
- 1 cup unsweetened vanilla almond milk (or any kind of milk)
- 1 cup strawberries, sliced
- 1.5 cup rolled oats
- 3 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey

Instructions

1. First, blend Greek yogurt, almond milk, honey, and strawberries together. It will look like a strawberry milkshake!
2. Next, place the mixture into a medium-size bowl and mix in 3 tablespoons chia seeds and 1 teaspoon of vanilla. Then, mix in rolled oatmeal.
3. Place in refrigerator overnight or for at least 2 hours. Top with your favorite toppings and enjoy!

Nutrition

Serving Size: 1/3 Calories: 321 Sugar: 10 Sodium: 87 Fat: 11 Carbohydrates: 42 Fiber: 9

Protein: 15

Find it online: <https://fitfoodiefinds.com/vanilla-strawberry-overnight-oatmeal/>
