



## Overnight Oats Power Parfait



Entire recipe: 324 calories, 8g total fat (1g sat. fat), 252mg sodium, 45g carbs, 7g fiber, 12.5g sugars, 21g protein

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**Prep:** 10 minutes

**Chill:** 8 hours

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### Ingredients

1/4 cup unsweetened vanilla almond milk  
2 tbsp. vanilla protein powder with about 100 calories per oz.  
1/2 cup old-fashioned oats  
1 packet natural no-calorie sweetener  
1/8 tsp. cinnamon  
1 drop vanilla extract  
Dash salt  
1/3 cup fat-free vanilla Greek yogurt  
1/2 cup sliced strawberries  
1/4 oz. (about 1 tbsp.) sliced almonds or chopped pistachios

### Directions

In a medium bowl, combine almond milk, protein powder, oats, sweetener, cinnamon, vanilla extract, and salt. Mix well.

Cover and refrigerate for at least 8 hours, until oats are soft and have absorbed most of the liquid.

Stir oatmeal. In a mid-sized glass, layer half of each ingredient: oatmeal, yogurt, and strawberries.

Repeat layering with remaining oatmeal, yogurt, and strawberries. Top with nuts.

#### MAKES 1 SERVING

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