



Happy Birthday Overnight Oats Parfait



Entire recipe: 268 calories, 7g total fat (3g sat. fat), 297mg sodium, 41.5g carbs, 4.5g fiber, 11g sugars, 8g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

- 1 tbsp. sugar-free French vanilla powdered creamer
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned oats
- 1/4 tsp. vanilla extract
- 1/8 tsp. almond extract
- 1 dash salt
- 1 tsp. rainbow sprinkles, or more for layering
- 1/4 cup fat-free vanilla yogurt
- 1 maraschino cherry

Directions

In a medium bowl or jar, combine creamer with 2 tbsp. very hot water. Stir to dissolve. Add milk, oats, vanilla extract, almond extract, and salt. Mix well. Fold in sprinkles.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Evenly spoon half of the oats into a medium glass. Layer with yogurt and remaining oats.

Top with the cherry.

MAKES 1 SERVING

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