



HERITAGE POINTE

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High-Protein Strawberry & Peanut Butter Overnight Oats

Ingredients:

- 1 cup nonfat plain strained (Greek-style) yogurt
- 1/2 cup unsweetened soymilk or low fat milk of choice.
- 1/4 cup natural peanut butter
- 1 tablespoon pure maple syrup
- Pinch of salt
- 1 cup old-fashioned rolled oats
- 1 cup chopped strawberries, plus more for garnish

Directions:

- Whisk yogurt, milk, peanut butter, maple syrup and salt together in a medium bowl.
- Stir in oats and strawberries.
- Cover and refrigerate until the oats have softened, at least 8 hours or up to 3 days.
- Garnish with more chopped strawberries, if desired.
- Cover and refrigerate up to 3 days.

Serving size: Generous 3/4 cup

Calories 333, Fat 13g, Saturated Fat 2g, Cholesterol 4mg, Carbohydrates 34g, Total Sugars 10g, Added Sugars 4g, Protein 17g, Fiber 3g, Sodium 161mg, Potassium 354mg