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Heart Healthy Nutrition Made Easy



Simple Overnight Oats

Serves one

Ingredients

- 1/3 cup of old-fashioned or quick cooking plain oats
- 2/3 cup of unsweetened almond milk
- 1 tablespoon of chia seeds
- 1 Tablespoon peanut butter powder (no sugar added)
- 1 teaspoon of ground cinnamon
- 1 teaspoon cocoa powder
- 1 teaspoon vanilla extract

Directions

1. Put all ingredients into a Mason jar or Tupperware container and stir to combine.
2. Store in refrigerator at least overnight (can be made up to 5 days in advance and stored in fridge!)

To serve

This can be eaten cold or hot (microwave 1-2 minutes but do NOT microwave in a plastic container).

Nutrition per serving (entire recipe): 215 calories, 8 grams fat, 7 grams unsaturated fats, 1 gram saturated fat, 0 grams trans fat, 0 milligrams cholesterol, 165 milligrams sodium, 30 grams carbohydrates, 10 grams fiber, 8 grams protein.

NOTES:

The chia seeds are a thickener, but they are expensive - leave them out or substitute ground flaxseed.

For those counting carbohydrates to manage blood sugar: Don't forget to add your carb grams for any fruit or sweeteners you add!

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