

# Overnight Oats

2 Servings | 14g Protein | 18g Carbs | 7g Fats

1/6 Leaner | 1 Optional Snack | 2½ Condiments | 1 Fueling

## Ingredients

2 packets Apple Cinnamon Oatmeal

⅔ cup unsweetened almond milk

¼ cup plain, low-fat Greek yogurt

½ tsp cinnamon

½ tsp vanilla extract

½ oz chopped walnuts or 1 Tbsp chia seeds (optional)

## Instructions

Combine the oatmeal, almond milk, yogurt, cinnamon, vanilla extract, and chia seeds (optional) in a medium sized bowl.

Allow mixture to sit, covered, overnight.

Sprinkle on walnuts (optional) before serving.