

Berries and Cream Overnight Oats

The Vegan Gym · Breakfast · GF

659 cal · 33g protein · 61g carbs · 35g fat · 4 servings

Ingredients

- 2 cups rolled oats (160g)
- ½ cup hemp hearts (80g)
- 2 cups Kite Hill Greek-style yogurt (448g)
- ¼ cup maple syrup
- 4 tsp cinnamon
- 2 cups mixed frozen berries
- ½ cup sunflower seeds (64g)
- 3 cups unsweetened soy milk

Instructions

1. In a large bowl or 4 separate containers, combine rolled oats and hemp hearts.
2. Add Greek-style yogurt, maple syrup, cinnamon, and soy milk. Mix thoroughly.
3. Fold in frozen mixed berries gently.
4. Cover and refrigerate overnight (or at least 6 hours).
5. In the morning, stir well. The berries will have thawed and created a creamy, fruity mixture.
6. Top each serving with sunflower seeds and enjoy cold.

Generated by Meal Planner · Per serving macros