

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
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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.
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Generated by Meal Planner · Per serving macros