



SWISS OATMEAL

SERVES: 1 Prep Time: 10 min. + 4 hours (or overnight) Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1 2 1

- ½ cup** dry old-fashioned rolled oats, gluten-free
- ¾ cup** unsweetened almond milk
- ¾ cup** reduced-fat (2%) plain Greek yogurt
- ½ tsp.** pure vanilla extract
- ½ tsp.** ground cinnamon
- ½ cup** chopped strawberries
- ¼** large banana, chopped
- 2 Tbsp.** sliced raw almonds

- 1.** Place oats, almond milk, yogurt, extract, cinnamon, strawberries, banana, and almonds in a medium bowl; mix well. Soak, covered, in the refrigerator overnight.

RECIPE NOTE:

If you don't have sliced almonds, you can chop 12 raw almonds.

NUTRITIONAL INFORMATION (per serving): Calories: 445 Total Fat: 14 g Saturated Fat: 4 g Cholesterol: 9 mg Sodium: 195 mg Carbohydrates: 54 g Fiber: 9 g Sugars: 16 g Protein: 27 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.