

Gingerbread Cookie Overnight Oats

Recipe makes 1 serving

Ingredients

- 3/4 C Light Vanilla Greek Yogurt
- 1/2 C Oats, dry
- 1/2 C Fat Free Fairlife Milk
- 2 Tbsp Sugar Free Maple Syrup
- 1 Tbsp Cookie Butter (warmed)
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/8 tsp Ginger

Instructions

1. Warm 1 Tbsp cookie butter in the microwave for 15-30 seconds until softened.
2. In a sealable container, add all of the above ingredients and mix well.
3. Cover and place in the fridge overnight. You can eat these cold or warmed up the next day. Enjoy!



Nutrition Profile

Calories - 390

Fat - 11g

Carbohydrates - 54g

Protein - 27g

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