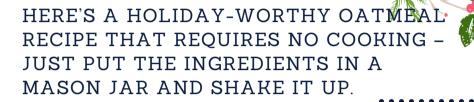
Eggnog Overnight Oats



Ingredients:

- ½ cup (40 g) old-fashioned oats (gluten-free)
- 1 tsp chia seeds
- ½ cup (115 g) low-fat plain Greek yogurt or non-dairy yogurt alternative
- ½ cup (120 ml) unsweetened extra creamy oat milk
- Dash of vanilla extract
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- Optional: 1 tsp. honey or maple syrup, or to taste
- Optional topping: Pecans or walnuts

Directions:

- In a mason jar or other container with a tight cover, combine all of the ingredients except the nuts. Cover tightly and shake well to combine.
- Place in the refrigerator overnight. When it's time to eat, stir well and add optional nuts as a topping.

TIP: You might notice seasonal "nog" drinks in your grocery's dairy case. You can sub one of those for the oat milk in this recipe ...

t be sure to read the label to make sure it's not loaded with extra sugar or additives.

A heart-healthy taste of the holdiay season!

Nutritional Information on back...



Nutritinal Information:

Serving Size: this recipe is for 1 serving

 Calories:
 317

 Carbs:
 43.9g

 Fat:
 12.1g

 Protein:
 10.4g

NOTE: Nutritional information does not include optional sweetener or nuts.



OLD FASHIONED OATS

High in fiber and a great choice for health digestion and heart!

CHIA SEEDS

Rich in healthy Omega-3 Fatty Acids, Antioxidants, and Fiber

NUTMEG



Health releave pain, strengthen immune system and cognitive function, and detoxify the body.

CINNAMON

Full of health benefits and a great spice for those with diabetes. Provides antioxidants (which fight decay and aging), antibiotics, and anti-inflammatory properties. Lowers blood sugar, reduces the risk of heart disease, and help with weight loss!





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