

# Eggnog Overnight Oats



HERE'S A HOLIDAY-WORTHY OATMEAL RECIPE THAT REQUIRES NO COOKING – JUST PUT THE INGREDIENTS IN A MASON JAR AND SHAKE IT UP.

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## 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
- ⅛ tsp nutmeg
- ⅛ 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 ...

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

*A heart-healthy taste  
of the holiday season!*

*Nutritional Information on back...*



## Nutritional 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.

# Health Benefits:

## ..... 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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