

Cinnamon Yogurt Overnight Oats

7 ingredients · 8 hours · 2 servings



Directions

1. Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove from the fridge and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cup.

No Coconut Yogurt

Use another type of yogurt.

Additional Toppings

Berries, nuts and/or seeds.

Ingredients

2/3 cup Oats (rolled)

2 tbsps Chia Seeds

1/4 tsp Cinnamon

1/2 tsp Vanilla Extract

1 cup Unsweetened Coconut Yogurt

1 cup Plain Coconut Milk (from the carton)

1 Banana (sliced)

Nutrition

Amount per serving

Calories	313	Calcium	563mg
Fat	12g	Iron	3mg
Saturated	6g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.1mg
Carbs	47g	Niacin	1mg
Fiber	9g	Vitamin B6	0.2mg
Sugar	12g	Folate	20µg
Protein	7g	Vitamin B12	2.9µg
Cholesterol	0mg	Phosphorous	124mg
Sodium	45mg	Magnesium	89mg
Potassium	419mg	Zinc	1mg
Vitamin A	288IU	Selenium	8µg

Vitamin C

5mg