

Strawberry Overnight Oats



This oatmeal can be prepared the day before. It is therefore ideal for people who are in a hurry in the morning or who don't want to break their coconut! For a more complete protein breakfast, add some Greek yogurt in the morning before eating!

Preparation 7 min
Cooking 2 min
Servings 1
Nutrition Facts (per serving)
Calories 340
Fat 16
Carbohydrates 40
Fibre 9
Protein 10
Sodium 55

Ingredients

- 80 ml (? cup) frozen strawberries
- 125 ml (½ cup) quick-cooking rolled oats
- 125 ml (½ cup) unsweetened vegetable drink or cow's milk
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) natural peanut butter

- The juice of half a lime
- 10 ml (2 tsp) maple syrup

Topping (optional)

- Nuts of your choice
- Strawberries
- Hemp seeds
- Greek yogurt or vegetable yogurt

Preparation

1. In a small microwave-safe bowl, heat strawberries and mash with a fork. Let cool, then pour into the bottom of a Mason jar.
2. In a separate bowl, combine remaining ingredients, then pour into a jar over strawberry mixture.
3. Refrigerate overnight and add topping of choice before enjoying!

Notes



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