

# CINNAMON VANILLA OVERNIGHT OATS

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*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 1

## Nutrition (per serving)

Total Fat: 6 g	Calories: 268
Saturated Fat: 1 g	Total Sugars: 9 g
Sodium: 114 mg	Protein: 11 g
Total Carbohydrate: 42	
Dietary Fiber: 6 g	

## Ingredients

- ½ cup quick oats
- ½ cup 1% milk (or milk of choice)
- ¼ cup non-fat vanilla yogurt
- 1 tablespoon sugar free syrup
- ½ teaspoon ground cinnamon
- 1 tablespoon ground flaxseed

## Directions

1. In a bowl, mix together all ingredients.
2. Cover and refrigerate for at least 4 hours or overnight.
3. Top with diced apples, almonds, or pecans if desired.