

Strawberry Cheesecake Overnight Oats - Makes 1 serving



Ingredients

- ½ cup Rolled oats
- 2/3 cup Milk
- 1/3 cup Vanilla nonfat Greek yogurt
- ½ tbsp. Chia seeds
- ½ tbsp. Ground flax seeds
- 2 tbsp. Softened cream cheese
- 1/8 tsp. Vanilla extract (a little drop)
- ½ tsp. Lemon juice
- ~ 5 fresh strawberries cut into little pieces!
- Sweetener optional

Directions

1. Combine and mix all ingredients in a 500mL mason jar and let sit overnight.
2. Enjoy 😊