



Birthday Cake Overnight Oats

INGREDIENTS

- 1/2 cup Quaker oats
- 1/2 cup unsweetened vanilla almond milk
- 1 tsp brown sugar replacement (I use Swerve)
- 1 tsp cake batter extract
- 1 Tbsp Maple Farms sugar-free syrup
- 1/2 Tbsp chia seeds
- 1/2 Tbsp rainbow sprinkles

NUTRITION FACTS

Serves: 1

Amount Per Serving:

- Calories 233
- Total Fat 8 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 119 mg
- Carbohydrate 40 g
- Dietary Fiber 7 g
- Sugars 5 g
- Protein 7 g
- myWW Blue: 5
- myWW Purple: 1
- myWW Green: 5

DIRECTIONS

1. In mason jar (or similar container), combine all ingredients except sprinkles.
2. Stir lightly to combine.
3. Top with sprinkles.
4. Refrigerate overnight and serve cold the next morning.

This recipe can be found at:

<https://planningushealthy.com/cake-overnight-oats>

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