



Cheesecake Overnight Oats

INGREDIENTS

- 1/2 cup Quaker quick oats
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tsp brown sugar replacement (I use Swerve)
- 1 tsp cake batter extract
- 1 Tbsp Maple Farms sugar-free syrup
- 1/4 pkg (7 g) sugar-free cheesecake-flavored pudding mix
- Cherries, Strawberries, or other topping (additional - not included in nutrition facts)

NUTRITION FACTS

Serves: 1

Amount Per Serving:

- Calories 224
- Total Fat 4 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 411 mg
- Carbohydrate 39 g
- Dietary Fiber 6 g
- Sugars 0g
- Protein 7 g
- myWW Blue: 5
- myWW Purple: 1
- myWW Green: 5

DIRECTIONS

1. In mason jar (or similar container), combine all ingredients except optional toppings.
2. Stir lightly to combine.
3. Add toppings, if desired.
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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