

STAR Cooking with
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STRAWBERRY SHORTCAKE OVERNIGHT OATS

PREP TIME
5 mins

COOK TIME
60 mins

TOTAL TIME
1 hour 5 mins

So easy to make and super healthy, these Strawberry Shortcake Overnight Oats honestly taste like strawberry ice cream and are sure to be a hit with the kids!

Author: Ciara @ My Fussy Eater

INGREDIENTS

- 12 strawberries (fresh or frozen)
- 2 cups rolled oats
- 1.5 cups milk
- 0.5 cups greek or plain yogurt
- 1 tbsp strawberry jam
- ¼ tsp vanilla extract
- optional toppings: chopped fresh strawberries and dessicated coconut



INSTRUCTIONS

1. Chop the strawberries into small pieces. If you are using frozen strawberries defrost them quickly by placing them in a bowl of boiling water for 2 minutes.
2. Place the chopped strawberries in a bowl and mix in all the other ingredients. Stir well, cover the bowl and place in the fridge for a minimum of one hour.
3. When you are ready to eat them, simply remove from the fridge and decorate with your choice of toppings. The oats can be eaten cold or else heated in the microwave for 30-60 seconds.

NOTES

The oats will keep in the fridge covered for 2-3 days.

Nutrition Information: (Per Serving)

2 Servings:
450 Calories
5 g Fat
78 g Carbohydrate
25 g Protein

3 Servings:
300 Calories
3 g Fat
52 g Carbohydrate
17 g Protein

4 Servings:
225 Calories
3 g Fat
39 g Carbohydrate
12 g Protein

Recipe From:

<http://www.myfussyeater.com/strawberry-shortcake-overnight-oats/>