

Overnight Oat Parfait

Ingredients:

1/2 cup old fashion oats
1/2 cup unsweetened almond milk
2 tablespoons water
1 packet zero calorie sweetener
1 dash of cinnamon
Nonfat Greek yogurt
Fruit



Directions:

In a bowl, mix together the old fashion oats, unsweetened almond milk, water, zero calorie sweetener, and cinnamon. Cover and refrigerate for 8 hours

Layer: oats, fruit (fresh, frozen or canned), and nonfat Greek yogurt