

# Strawberry Maple Overnight Oats

CONSTIPATION RELIEF

5 Min. Prep | Makes 1 Serving

## Ingredients

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### Base

- 1/4 cup dry, rolled oats
- 1/4 cup milk (or nondairy milk)
- 6 oz plain greek yogurt (can sub nondairy)
- 3/4 cup strawberries, sliced
- 2 teaspoons maple syrup
- 1/4 cup pumpkin seeds

### Garnish

- 1/4 cup sliced strawberries
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## Directions

### Overnight Prep

1. Add oats, milk, yogurt, & maple syrup into a reusable container/mason jar
2. Stir with a spoon until well mixed
3. Wash and slice strawberries and add them, along with pumpkin seeds, to overnight oat mixture
4. Put in refrigerator and leave overnight.

### To Serve

Serve with fresh, sliced strawberries in the morning. Remove lid & eat cold or heat as desired in microwave.



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## Notes

Enjoy as a small meal like breakfast, snack, or lunch. Perfect for make ahead meal prep!

Additional benefits:

- Good source of whole grains.
- High in fiber and antioxidants.
- Helps lower cholesterol.

Customizable ingredients:

- Can use any berry as a substitute for strawberries.
- Can use agave syrup or honey instead of maple syrup.
- For a dairy-free alternative, use non-dairy milk and non-dairy yogurt.

## Nutrition Info

525 calories, 17g protein, 23g total fat, 4g saturated fat, 44mg sodium, 67g carbs, 6g fiber, 8g added sugars

