

Tiramisu Overnight Oats

Here's a clever twist on the classic overnight cholesterol-friendly breakfast.

INGREDIENTS

- 1 ½ cups unsweetened almond milk
- 1 cup plain Greek yogurt, divided
- 2 ½ tablespoons pure maple syrup, divided
- 2 tablespoons chia seeds
- 2 teaspoons instant espresso powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 ½ cups old-fashioned rolled oats
- 1 teaspoon cocoa powder, divided

DIRECTIONS

STEP 1

Whisk almond milk, ¼ cup yogurt, 1 ½ tablespoons maple syrup, chia seeds, espresso powder, vanilla and salt together in a large bowl. Add oats; stir until completely coated and submerged. Cover and refrigerate for at least 4 hours and up to 4 days.

STEP 2

Combine the remaining ¾ cup yogurt and 1 tablespoon maple syrup in a small bowl.

STEP 3

To serve, spoon ⅔ cup oat mixture into a small jar or bowl. Top with 3 tablespoons maple yogurt. Use a small fine-mesh sieve to dust with ¼ teaspoon cocoa.

NUTRITION FACTS

Serving Size: ⅔ cup oats, 3 Tbsp. maple yogurt & ¼ tsp. cocoa
Per Serving: 253 calories, total carbohydrate 35g, dietary fiber 5g, total sugars 10g, protein 11g, total fat 8g, saturated fat 2g, cholesterol 7mg



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