

Cashew Butter & Jelly Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
2. Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight jar for up to three days.

Serving Size

One serving is roughly 1 1/2 cups.

Dairy-Free

Use coconut yogurt or other non-dairy yogurt.

Additional Toppings

Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk

Use cow's milk or any other milk alternative.

Ingredients

- 226 grams** Plain Greek Yogurt
- 41 grams** Oats
- 45 milliliters** Unsweetened Almond Milk
- 8 grams** Chia Seeds
- 13 grams** Maple Syrup
- 32 grams** Cashew Butter
- 30 grams** Raspberry Jam
- 41 grams** Raspberries

Nutrition

Amount per serving

Calories	342	Vitamin C	14mg
Fat	13g	Calcium	344mg
Saturated	3g	Iron	3mg
Carbs	40g	Vitamin D	59IU
Fiber	5g	Vitamin E	0mg
Sugar	15g	Vitamin K	2µg
Protein	17g	Folate	22µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	90mg	Magnesium	88mg
Potassium	238mg	Zinc	2mg
Vitamin A	678IU		

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