

Strawberries & Cream Overnight Oats

Prep time: 5 minutes

Cooking time: 6 - 8 hours

About

Eat these *delectable* oats at least 60 minutes before exercising. This meal is an excellent pre-workout source of carbohydrate, as part of a balanced diet.

Ingredients

½ cup rolled oats

6 oz. strawberry, low fat yogurt cup

¼ cup calcium fortified low fat milk

1 tbsp chia seeds

Toppings

3 strawberries, sliced

2 tbsp slivered almonds

1 tbsp raw honey

Cinnamon to taste

Directions

1. In a tupperware container, combine rolled oats, yogurt, milk and chia seeds
2. Cover and soak in the refrigerator for at least 6 hours
3. In the morning, top the oats with sliced strawberries, slivered almonds and cinnamon
4. Cover and package up the oats for a delicious and convenient breakfast-on-the-go!



Nutrition Content

Calories	601
Carbohydrate	91 g
Protein	21 g
Fat	14 g
Fiber	12 g

Micronutrient *Bonus*

2.6 g Omega 3's, ~230% target intake

- Chia seeds are an excellent source of Omega 3 fatty acids, which have anti-inflammatory properties. Make chia seeds a part of your diet the day after a competition or hard training session.

23 mg, ~25% RDA Vitamin C

- Vitamin C, found in strawberries, is an oxidant and may also help protect against oxidative stress. Athletes who exercise regularly need at least 100 mg per day, but endurance athletes may need up to 500 mg a day.

500 mg, ~50% RDA Calcium

- Getting adequate calcium optimizes bone strength and may prevent stress fractures later in life. Aim to include bioavailable sources of calcium (like dairy) with each meal, but consider supplementation if necessary.

Original recipe: <https://kirbiecravings.com/2017/03/strawberries-cream-overnight-oats.html>

Picture credit: <https://www.mydarlingvegan.com/2016/05/vegan-strawberries-cream-overnight-oats/>

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