BetterBody Foods

Gingerbread Overnight Oats

Prep: 4 min Cook: 0 min Total: 4 hr 5 min Servings: 1

Calories: 308 Fat: 4g Protein: 15g Carbs: 53g Fiber: 6g

Ingredients

- 1/2 cup Oatsome Overnight Oats
- 2 Tbsp Vanilla Greek-style vegan yogurt
- 1-2 tsp molasses, to add sweetness and that classic gingerbread flavor
- 1/2 tsp vanilla extract
- 1/2 cup water or oat milk
- 1 tsp ground cinnamon
- 1/4 tsp ground ginger

Optional for toppings:

- Dairy-free Greek yogurt
- Favorite gingerbread cookies crushed up

Directions

1. Add the water or oat milk, yogurt, molasses (if using), vanilla, and Oatsome Overnight Oats and spices in a jar.
2. Stir until combined-place in the fridge for at least 4 hours or overnight.
3. Enjoy cold or heat up in the microwave. If desired, top with a dollop of vegan yogurt, a sprinkle of cinnamon, some granola, and a cookie.
4. Enjoy your Gingerbread Overnight Oats!