

Long Livo

Strawberry Cheesecake Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 3/4 cup plain Greek yogurt
- [ ] 2 tbsp light cream cheese, softened
- [ ] 1/2 cup almond milk (or any milk)
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp vanilla extract

Topping

- [ ] 1/2 cup fresh strawberries, sliced
- [ ] 1 tsp toasted almond slivers (optional)
- [ ] Extra drizzle of honey

Instructions

1. In a medium bowl, whisk together the Greek yogurt, softened cream cheese, honey, lemon zest, and vanilla until smooth.
2. Add the rolled oats and almond milk; stir until the oats are fully coated.
3. Fold in half of the sliced strawberries, reserving the rest for topping.
4. Transfer the mixture into two mason jars or airtight containers, seal, and refrigerate overnight (or at least 4 hours).
5. In the morning, give the oats a gentle stir, top with the remaining strawberries, toasted almond slivers, and an extra drizzle of honey if desired.

Nutrition per serving

340 kcal	15 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick in the morning, stir in a splash more milk.
- For extra tang, add a teaspoon of cream of tartar to the yogurt mix.
- Swap strawberries for blueberries for a different berry twist.