

Pineapple Upside Down Overnight Oats

Recipe makes 1 serving

Ingredients

- 1/2 C Dry Oats
- 1/2 C Fat Free Fairlife Milk
- 3/4 C Light Vanilla Greek Yogurt
- 1/4 C Canned Pineapple Chunks, chopped
- 1/4 tsp Cinnamon



Instructions

1. In a sealable container, add all of the above ingredients.
2. Mix well, cover, and place in the fridge overnight. You can eat these cold or warmed up the next day.
3. Enjoy!

Nutrition Profile

- per serving -

Calories - 315

Fat - 3g

Carbohydrates - 49g

Protein - 26g

***Fiber - 5g**

  @zachcoen

www.mindbodyandnutrition.com