

# Nutritious Strawberry Cheesecake Overnight Oats

★★★★★

Fresh strawberries combine with graham crackers, rolled oats, Greek yogurt, and light cream cheese to create these delicious strawberry cheesecake overnight oats! Despite how much they may taste like dessert, these overnight oats are packed full of fibre and protein to keep you satisfied throughout the day!



**Course** Breakfast **Cuisine** American, Gluten-Free, Vegetarian

**Diet** Diabetic, Gluten Free, Low Calorie, Low Fat, Vegetarian

**Keyword** chia seeds, Greek yogurt, rolled oats, strawberries **Prep Time** 10 mins **Total Time** 10 mins

**Servings** 1 serving **Author** Hannah Magee, RD

## Ingredients

- 1/3 cup greek yogurt plain or vanilla will work
- 1/3 cup milk of choice
- 1 tbsp light cream cheese
- 1 tsp honey or maple syrup optional
- 1/3 cup rolled oats (rolled oats \*not quick oats)
- 2 tsp chia seeds (learn chia seeds' nutrition benefits)
- 1 graham cracker, crumbled gluten-free if needed
- 6-8 medium strawberries chopped & divided

## Instructions

1. In a medium mixing bowl, whisk all ingredients except for strawberries until well-combined.
2. Mix in half of the chopped strawberries (save the other half for the morning), mashing them a little as you mix.
3. Cover mixture or transfer to an airtight container and place in the fridge overnight.
4. In the morning, top with remaining strawberries and enjoy!

## Notes

### Storing the Strawberry Cheesecake Overnight Oats:

Overnight oats will keep well in the fridge up to 4 days as long as they are kept in a sealed airtight container.

*Nutritious Strawberry Cheesecake Overnight Oats*

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QR code to My Fitness Pal recipe:





## Nutritious Strawberry Cheesecake Overnight Oats - Hannah Magee RD

Servings 1

calories per serving  
**346**

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### 8 Ingredients

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- 1 tsp, Honey Syrup
- 2 tsp, Chia seeds
- 0.33 cup, Greek yogurt, plain, nonfat, 0%
- 1 tbsp, Light Cream Cheese
- 1 cup, Strawberry
- 0.33 cup, Rolled Oats
- 0.33 cup, Whole Milk
- 0.25 large rectangular piece or 2 squares pieces, Graham cracker

### Nutrition Facts

Servings 1.0

Amount Per Serving

calories 346

% Daily Value \*

**Total Fat** 11 g 16 %

Saturated Fat 4 g 21 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

**Cholesterol** 14 mg 5 %

**Sodium** 152 mg 6 %

**Potassium** 543 mg 16 %

**Total Carbohydrate** 48 g 16 %

**Dietary Fiber** 9 g 35 %

**Sugars** 20 g

**Protein** 19 g 37 %

Vitamin A 9 %

Vitamin C 175 %

Calcium 36 %

Iron 15 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.