

Strawberry Tahini Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Oats
3/4 cup Plain Coconut Milk (from the carton)
2 tbsps Chia Seeds
2 tbsps Tahini
1/8 tsp Cinnamon
1/2 cup Strawberries (halved)

DIRECTIONS

- 01 Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	535	Carbs	55g
Fat	31g	Protein	15g