



Nutrition Information Per Serving:

Calories: 379
Protein: 20 g
Carbohydrates: 56 g
Fat: 8 g
Fiber: 7 g

PREP TIME 5 mins	COOK TIME 8 hrs	TOTAL TIME 8:05 hrs mins	RECIPE MAKES 2 servings
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You don't have to eat a gingerbread man to evoke the flavors of the holidays. By combining deliciously creamy, protein-packed Lowfat Plain Muuna cottage cheese with maple syrup, cinnamon, nutmeg, and clove in this overnight oats recipe, you'll be ready to face whatever the holiday season has to offer!

INGREDIENTS

- 1 cup Milk (or milk substitute)
- 1 cup Rolled oats
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 Tbsp. Chia seeds (optional)
- 3 Tbsp. Pure maple syrup
- 1 ½ tsp. Ground cinnamon
- ½ tsp. Ground nutmeg
- ¼ tsp. Ground clove

INSTRUCTIONS

- 1) Pour the ingredients into two medium glass jars.
- 2) Cover and refrigerate overnight (or for at least 4 hours).
- 3) Enjoy immediately! Note: feel free to top the oats with fruit, nuts, or granola.