

Tiramisu Overnight Oats

THM-Friendly: E

In a Ninja chopper, add:

- 1/2 cup rolled oats
- 1/2 cup nut milk
- 1 tsp. THM Super Sweet
- 1 shot of espresso
- 1/2 tsp. vanilla extract
- 1/2 tsp. almond extract
- 1 tsp. chia seeds
- 2 heaping Tbsp. THM Creamy Dreamy

Zing up and spoon into a glass jar or a bowl.

Rinse out the Ninja and now add:

- 1/2 cup low-fat cottage cheese
- 1 tsp. Super Sweet
- 1/2 tsp. cheesecake extract

Zing up and spoon on top of the oatmeal. Dust with a little bit of cocoa powder.

Put your oats in the refrigerator and enJOY them in the mornin'!

~ If you don't have espresso, you could sub:

2/3 cup brewed coffee instead of the nut milk and espresso

or

2 tsp. of espresso powder stirred into your nut milk

