

Tiramisu, a classic Italian dessert, serves as flavor inspiration for these overnight oats. Instant espresso powder adds a touch of bitterness to the dish, which gets balanced by the sweetness of the maple syrup.

INGREDIENTS:

- 1 ½ cups unsweetened almond milk
- 1 cup plain whole-milk strained yogurt, such as Greek-style, divided
- 2 ½ tablespoons pure maple syrup, divided
- 2 tablespoons chia seeds
- 2 teaspoons instant espresso powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 ½ cups old-fashioned rolled oats
- 1 ¼ teaspoons cocoa powder, divided



INSTRUCTIONS:

1. Whisk almond milk, 1/4 cup yogurt, 1 1/2 tablespoons maple syrup, chia seeds, espresso powder, vanilla and salt together in a large bowl. Add oats; stir until completely coated and submerged. Cover and refrigerate for at least 4 hours and up to 4 days.
2. Combine the remaining 3/4 cup yogurt and 1 tablespoon maple syrup in a small bowl.
3. To serve, spoon 2/3 cup oat mixture into a small jar or bowl. Top with 3 tablespoons maple yogurt. Use a small fine-mesh sieve to dust with 1/4 teaspoon cocoa.

Nutrition Facts

Servings Per Recipe 4

Serving Size 2/3 cup oats, 3 Tbsp. maple yogurt &
1/4 tsp. cocoa

Calories 250

% Daily Value *

Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 11g	
Added Sugars 8g	16%
Protein 11g	22%
Total Fat 8g	10%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Vitamin A 200IU	4%
Vitamin D 38IU	10%
Vitamin E 4mg	27%
Folate 6mcg	2%
Sodium 379mg	16%
Calcium 294mg	23%
Iron 2mg	11%
Magnesium 60mg	14%
Potassium 273mg	6%
Zinc 1mg	9%
Vitamin B12 2mcg	83%
Omega 3 1g	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.