



## Irie Lemon Zest Overnight Oats

**Yield: 2 servings**

### Ingredients

- 1 cup rolled oats
- 1½ cups unsweetened almond, cashew, or soy milk
- 1 lemon zested
- ½ teaspoon ground cinnamon
- ½ teaspoon nutmeg

### Topping:

- 2 cups sliced strawberries

### Instructions

1. In a small bowl, add the oats, milk, lemon zest, cinnamon, and nutmeg. Stir together and cover. Store overnight, in the refrigerator.
2. The next morning, you can either heat up the oat mixture or eat it cold. Top oats with strawberries before eating.

### Nutrition Information

**Serving Size:** ½ of the recipe

- Calories: 230
- Total Fat: 5.8 g
- Saturated Fat: 0.7 g
- Monounsaturated Fat: 2.5 g
- Polyunsaturated Fat: 1.7 g
- Sodium: 141 mg
- Total Carbohydrate: 40 g
- Dietary Fiber: 7.4 g
- Sugars: 8.2 g
- Protein: 7 g

Source: Vincent McIntosh, Irie Kitchen

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