

Foodnity Recipes

Creamy Rhubarb Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1/2 cup Greek yogurt
- [ ] 1 cup unsweetened almond milk
- [ ] 1 tablespoon honey

Rhubarb Mix

- [ ] 1 cup rhubarb, trimmed and sliced
- [ ] 1 tablespoon honey
- [ ] 1 teaspoon lemon juice
- [ ] 1/4 teaspoon vanilla extract

Toppings

- [ ] 2 tablespoons toasted almond slivers
- [ ] Optional pinch of cinnamon

Instructions

1. In a small saucepan over low heat, combine sliced rhubarb, 1 tablespoon honey, and lemon juice. Cook gently for 3-4 minutes until the rhubarb softens and releases its juice.
2. In a jar or bowl, whisk together rolled oats, almond milk, Greek yogurt, and vanilla extract.
3. Stir the warm rhubarb mixture into the oat base, making sure the fruit is evenly distributed.
4. Seal the container and refrigerate overnight (or at least 6 hours).
5. In the morning, give the oats a quick stir, top with toasted almond slivers and a drizzle of honey if desired.

Nutrition per serving

340 kcal	14 g	48 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick in the morning, add a splash more almond milk and stir.
- The rhubarb can be swapped for fresh strawberries for a sweeter profile.
- For a vegan version, replace Greek yogurt with coconut yogurt and honey with maple syrup.