



Long Livo

Strawberry Cheesecake Overnight Oats

10 min
Prep time

Easy
Difficulty

10 min
Total time

American
Cuisine

2
Servings

Breakfast
Course

Ingredients

Base

- ☐ 1/2 cup rolled oats
- ☐ 1/2 cup unsweetened almond milk
- ☐ 1 tablespoon chia seeds

Cheesecake Layer

- ☐ 1/2 cup Greek yogurt
- ☐ 2 ounces cream cheese, softened

- ☐ 1 tablespoon honey
- ☐ 1/2 teaspoon vanilla extract

Strawberry Mix

- ☐ 1/2 cup fresh strawberries, diced
- ☐ 2 tablespoons strawberry puree
- ☐ Optional: 1 tablespoon crushed graham crackers

Instructions

- 1 In a mason jar, combine rolled oats, almond milk, and chia seeds. Stir gently until everything is moistened.
- 2 In a small bowl, whisk together Greek yogurt, softened cream cheese, honey, and vanilla until smooth.
- 3 Fold the strawberry puree and diced strawberries into the yogurt mixture, creating a pink swirl.
- 4 Layer the cheesecake mixture over the oat base, then top with extra strawberry pieces and optional crushed graham crackers.
- 5 Seal the jar and refrigerate overnight, or at least 6 hours, to let the oats soften.
- 6 In the morning, give the jar a quick stir, drizzle a touch of honey if desired, and enjoy.

Nutrition per serving

320 kcal
Calories

15 g
Protein

38 g
Carbs

12 g
Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of milk and stir.
- For added crunch, sprinkle toasted almond slivers just before serving.
- You can prepare multiple jars at once for a ready-made breakfast stash.