



Cherry Cheesecake Overnight Oats

Growing up, every May, my Mom would bake a cherry cheesecake for my Polish Grandfather's birthday, his favourite dessert, so this recipe is a nod to that memory. With a fraction of the sugar and more fibre, protein, and healthy fats, it has the flavour and fun of a cherry cheesecake in a breakfast-worthy format that will keep you energized all morning long. I like to make this directly in a 2-cup mason jar, making it easy to grab and go on busy mornings. I usually make a double or triple batch as it lasts well for 3-4 days in the fridge, and do the prep while tidying the kitchen after dinner.



Serving
1



Prep
5 Minutes



Resting Time
Overnight



Contributer
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- ½ cup Rolled oats
- 1 tbsp Chia seeds (optional but recommended)
- ½ cup Plain 0% or 2% Greek yogurt (125 mL)
- ¼ cup 1% milk or unsweetened plant-based milk
- 2 tsp Maple syrup (or can sub honey)
- ¼ tsp Vanilla extract
- ½ cup Frozen cherries
- 2 tbsp Walnuts

1. Mix oats and chia seeds in a 2 cup mason jar or bowl.
2. Add yogurt, milk, maple syrup and vanilla. Mix well.
3. Top with frozen cherries and walnuts. Cover and refrigerate overnight or up to 3 days and enjoy!

Variation

Experiment with different types of nuts, nut butters, spices like cinnamon, and frozen fruits for endless combinations.

DIETITIAN'S MESSAGE

Frozen fruit is an unsung hero! Inexpensive and pre-prepared (hand-pitting cherries? No thank you!), it is easy to pull out on a busy day. No need to even defrost before using in this recipe, it will slowly thaw and be ready for eating in the morning.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
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CCNV
Consortium canadien en
neurodégénérescence
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