



Dessert Overnight Oats With California Prunes



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Prune Salted Caramel Overnight Oats

2 servings
4 hours 10 minutes

Ingredients

- 1 cup Oats
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1 cup California Prunes
- 2/3 cup Unsweetened Applesauce
- 2 tsps Vanilla Extract
- 1/4 cup Walnuts (chopped)

Directions

- 1 Add oats, chia seeds, vanilla protein powder and half of the milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 To make the prune caramel sauce, blend together the California Prunes, vanilla extract, apple sauce and the other half of the almond milk.
- 3 Remove oats from refrigerator add the California Prune caramel sauce on top. Put back in fridge for 4 hours minimum, or overnight to set. Top with toppings of choice - additional chopped dates and walnuts.



Prune Chocolate Banana Bread Overnight Oats

2 servings
4 hours 10 minutes

Ingredients

1 cup Oats
1/4 cup Vanilla Protein Powder
2 tbsps Chia Seeds
1 cup Unsweetened Almond Milk
2/3 cup Soy Yogurt
1/2 cup Water
1/2 cup California Prunes
1 1/3 tbsps Cocoa Powder
2/3 Banana (sliced)

Directions

- 1 Add oats, chia seeds, vanilla protein powder and milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Cut the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth.
- 3 Remove oats from refrigerator and mix in the prune puree and the cocoa powder. Add to a mason jar/container and top with the yogurt and banana. Add additional toppings as desired - chopped prunes and cinnamon.



Prune Cosmic Brownie Overnight Oats

2 servings
4 hours 10 minutes

Ingredients

- 1 cup Oats
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Unsweetened Almond Milk
- 2/3 cup Soy Yogurt
- 1 cup Water
- 1 cup California Prunes
- 2 tbsps Cocoa Powder
- 2 tbsps Sprinkles

Directions

- 1 Add oats, chia seeds, vanilla protein powder and milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Cut the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth.
- 3 Remove oats from refrigerator and mix half of the prune puree and all of the cocoa powder. Add to a mason jar/container and top with sprinkles.



Prune Black Forest Cake Overnight Oats

2 servings
4 hours 10 minutes

Ingredients

- 1 cup Oats
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Unsweetened Almond Milk
- 2/3 cup Soy Yogurt
- 1 cup Water
- 1 cup California Prunes
- 2 tbsps Cocoa Powder
- 1 cup Frozen Cherries (thawed)

Directions

- 1 Add oats, chia seeds, vanilla protein powder and milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Cut the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth.
- 3 Remove oats from refrigerator and mix in half of the prune puree and all of the cocoa powder. With the remaining prune puree, blend again with the thawed frozen cherries.
- 4 In a mason jar, layer the cherry prune puree in first, followed by the overnight oats and by the yogurt. Top with additional cherries, chopped prunes and cocoa powder.



S'more Overnight Oats

2 servings
4 hours 10 minutes

Ingredients

- 1 cup Oats
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Water
- 2 ozs Graham Crackers (crushed)
- 1 cup California Prunes
- 1/4 cup Marshmallows

Directions

- 1 Add oats, chia seeds, vanilla protein powder and milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Cut half of the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth. Chop the rest of the prunes into small pieces.
- 3 Remove oats from refrigerator and add half of them into a mason jar. Layer in half of the graham crackers and half of the chopped prunes. Add the rest of the oats and top with the prune puree and the the rest of the prunes, graham crackers and marshmallows.



Prune Lemon Cheesecake Overnight Oats

1 serving
4 hours 10 minutes

Ingredients

1/2 cup Oats
2 tbsps Vanilla Protein Powder
1 tbsp Chia Seeds
1 cup Unsweetened Almond Milk
1/2 cup California Prunes
1/2 cup Water
1 1/2 tbsps Chia Seeds
2 tbsps Lemon Zest
1/2 oz Graham Crackers (chopped)

Directions

- 1 Add oats, chia seeds, vanilla protein powder and half of the milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Cut the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth. Add in the chia seeds and lemon zest and pulse again.
- 3 Remove oats from refrigerator add the California Prune jam into the mason jar first. Feel free to 'swirl' the jam onto the sides of the container. Next add in the oats then the yogurt. Top with the graham crackers and lemon zest.