

Making it delicious

OVERNIGHT OATS

Ingredients

- 1/3 cup Oats (quick or rolled)
- 1/3 cup 1% milk
- 1/3 cup plain, low-fat yogurt*
- 1/2 cup Fruit, frozen or fresh

Optional:

- 1 Tbsp. chia seeds
- 1 tsp. honey, maple syrup, or brown sugar
- Sprinkle of cinnamon

*or 2-3 Tbsp. additional milk



Nutrition Facts

1 serving per container	
Serving size	(248g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 2mcg	10%
Calcium 236mg	20%
Iron 1mg	6%
Potassium 408mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- In a jar or sealed container, stir together all the ingredients except for the fruit.
- Top with fruit of choice.
- Cover and place in the refrigerator overnight, or for at least 8 hours (can be stored in refrigerator for up to 3 days).
- Stir in the fruit before eating.

The Nutrition Facts here reflect the recipe made with frozen berries and without the chia seeds or honey.

- 1 Tbsp. chia seeds = 40 calories, 3g unsaturated fat, 4g carbohydrates (3g fiber), and 1g protein
- 1 tsp. honey, maple syrup or brown sugar = 15-20 calories, and 4-5.5 g carbohydrates

Recipe adapted from: chocolatecoveredkatie.com

SERVINGS: 1

PREP TIME: 5-10 MIN, plus refrigeration