



# Overnight Oats

Makes 5 servings | **Grains** | **Fruit** | **Dairy**

## Ingredients

- 1 cup low-fat yogurt
- 1 cup old-fashioned rolled oats
- ½ cup low-fat or fat-free milk
- ½ teaspoon cinnamon
- ¼ teaspoon dried ginger (optional)
- ½ cup dried fruit
- ½ cup chopped apple
- ½ cup blueberries
- ¼ cup chopped walnuts
- Honey for drizzle

## Directions

1. Wash hands with warm, soapy water.
2. In medium bowl, combine oats, yogurt, and milk. Stir until combined.
3. Cover and refrigerate for 6 to 12 hours, or overnight.
4. After refrigerating, add dried and fresh fruit, and mix gently.
5. Serve in small bowls.
6. Sprinkle each serving with chopped nuts and drizzle with honey, as desired. Refrigerate leftovers within 2 hours.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>  
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