

Overnight Oats

Makes 4 servings | Grains • Fruit • Dairy

Ingredients

- 1 cup low-fat yogurt, flavored or plain
- 1 cup old-fashioned rolled oats
- ½ cup low-fat or fat-free milk
- ½ teaspoon cinnamon
- ½ cup dried fruit (raisins, cranberries, apricots, etc.)
- 1 cup chopped apple (1 medium apple)
- ½ cup berries (any kind), peaches, pears, etc. fresh, canned, or frozen and thawed
- ¼ cup nuts, chopped (walnuts, almonds, hazelnuts, cashews, etc.)
- Honey for drizzle

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In medium bowl, combine oats, yogurt, and milk. Stir until combined.
3. Cover and refrigerate for 6-12 hours, or overnight.
4. After refrigerating, add dried and fresh fruit. Mix gently.
5. Divide between 4 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 local CNP educator.

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