

Overnight Oatmeal with Berries

A mixture of milk, yogurt and raspberries are combined with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.

Makes: 1 serving
 Prep Time: 15 minutes
 Chill Time: 8 hours to overnight

Source: www.choosemyplate.gov/recipes/myplate-cnpp/overnight-oatmeal-berries

Ingredients

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen

Directions

1. Combine milk, Greek yogurt, honey, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Utensils Needed

- Glass jar with a lid
- Spoon
- Liquid measuring cup
- Measuring spoons
- Measuring cups



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 batch	
Nutrients	Amount
Calories:	311
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	7 mg
Sodium:	86 mg
Total Carbohydrates:	53 g
Dietary Fiber:	9 g
Total Sugars:	21 g
Added Sugars:	11 g
Protein	17 g
Vitamin D	1 mcg
Calcium	268 mg
Iron	2 mg
Potassium	513 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$5.75

Average cost/serving: \$5.75

Makes: 1 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Old Fashioned Oats (18 oz)



Add 2 to Cart
Frozen Raspberries (12 oz)



Add 1 to Cart
Non-fat Plain Greek Yogurt (5.3 oz)



Add 1 to Cart
Fat-Free Milk, 1/2 gallon

SAVE TIME, SAVE MONEY

Preparation Tips

- Try any frozen fruit, or even a mix of frozen fruits.
- If desired, use almond or soy milk in place of regular milk.
- Consider buying a larger size of plain Greek yogurt. It is cheaper when you buy in bulk, and you can use it to make this recipe more than once throughout the week!

My Cooking Notes