

# Tropical Overnight Oatmeal

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning!

Makes: 2 servings

Prep Time: 5 minutes

Source: myplate.gov

## Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons chopped walnuts

## Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and walnuts



Small Changes,  
BIG Differences!



## Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	338
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	76 mg
Total Carbohydrates:	54 g
Dietary Fiber:	7 g
Total Sugars:	23 g
Added Sugars:	0 g
Protein	19 g

## Utensils Needed

- Cutting Board
- Knife
- Measuring Cups/Spoons
- 2 Small Bowls/Glass Jars

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.21

Average cost/serving: \$4.61

Recipe makes: 2 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 1 to Cart:  
Non-fat Milk (64 oz)



Add 1 to Cart:  
Greek Yogurt (5.3 oz)



Add 1 to Cart:  
Allspice (0.5 oz)



Add 1 to Cart:  
Pineapple Chunks (20 oz)



Add 1 to Cart:  
Medium Banana



Add 1 to Cart:  
Chopped Walnuts (8 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Try any type of nuts: almonds, walnuts, pecans, etc.
- To save money, buy canned pineapple in 100% juice instead of fresh pineapple.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Banana Crumble
  - Oatmeal Banana Cookies
  - Fruit Salad with Yogurt

