



## Overnight Oatmeal w/Berries

**Source:** USDA Center for Nutrition Policy and Promotion | **Yield:** 1 serving; 311 Calories per serving.  
Total fat 4g; Protein 17g; Total carbohydrate 53g; Dietary fiber 9g, Sodium 86mg

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

### INGREDIENTS:

- ½ cup low-fat milk (or less for thicker oatmeal)
- ¼ cup Greek yogurt, fat-free
- 2 teaspoons honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup blueberries\*, frozen

### DIRECTIONS:

1. Combine milk, yogurt, sugar, 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.

*\*Frozen raspberries or strawberries may be used in place of raspberries.*