

Overnight Oatmeal With Berries

June 2022 Recipe



Makes: 1 serving

Ingredients

½ cup low-fat milk
¼ cup fat-free Greek yogurt
2 tsp. honey
¼ tsp. cinnamon
¼ tsp. vanilla extract
½ cup rolled oats (uncooked)
¼ cup frozen raspberries

Nutritional information for 1 serving

Calories	311
Total fat	4 g
Saturated fat	1 g
Cholesterol	7 mg
Sodium	86 mg
Carbohydrate	53 g
Dietary fiber	9 g
Total sugars	21 g
Added sugars included	11 g
Protein	17 g

Directions

1. Combine milk, Greek 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 for eight hours or overnight.
5. Enjoy cold or heat as desired.