

Overnight Oats

INGREDIENTS


Base:

- 1/2 C old fashioned rolled oats
- 1/2 C milk or milk substitute of choice
- 1/4 C plain Greek yogurt
- 1 Tbsp chia seeds
- 1 Tbsp maple syrup or honey



 Serves 1

 Allergens: milk

 Nutrition Facts based on base ingredients. Additional topping not included.

DIRECTIONS

1. Whisk together all base ingredients in a medium sized mixing bowl. Spoon into a jar or container with a tight-fitting lid.

2. Close and refrigerate for at least 4 hours, but preferably overnight before eating.

Suggested Toppings:

PBJ: top with peanut butter, jelly and chopped nuts

Choco Monkey: top with sliced banana and chocolate chips

Apple Cinnamon: top with diced apples and a sprinkle of cinnamon

Pumpkin Pie: mix in 1/4 C pumpkin pie filling then sprinkle with pumpkin pie spice and chopped pecans

Nutrition Facts	
Serving size	1 Container
Amount Per Serving	
Calories	360
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 58g	21%
Dietary Fiber 9g	32%
Total Sugars 25g	
Includes 17g Added Sugars	34%
Protein 17g	34%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	