



OVERNIGHT OATS

SERVINGS: 2

PREP TIME: 10 MINUTES +
FRIDGE TIME

AMOUNT	INGREDIENTS	INSTRUCTIONS
½ Cup	Quick Oats	1. Combine all ingredients into a jar or sealed container. Stir well to combine. Cover and place in fridge overnight or for at least 8 hours.
½ Cup	1% milk	
¼ Cup	Plain, low fat yogurt/ additional milk	
½ Cup	Optional banana, mashed	2. Stir before eating.
1 Tbsp	Optional nut butter	3. Enjoy cold or heated in microwave for 2 minutes in a microwave safe container.

Recipe from/adapted from:

<https://chocolatecoveredkatie.com/2019/03/07/how-to-make-overnight-oats-recipes>

*Nutrition label includes optional ingredients and yogurt rather than additional milk

Nutrition Facts	
2 servings per container	
Serving size	(175g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 1mg	6%
Potassium 421mg	8%
*The % Daily Value 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.	