

# **Overnight Oatmeal**

From Oregon State University's Food Hero

<https://foodhero.org/recipes/overnight-oatmeal>

## **Ingredients**

- 1 cup old-fashioned rolled oats (raw)
- 1 cup low-fat yogurt
- 1/2 cup non-fat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple

## **Instructions**

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

**Makes 4 servings**

## **Nutrition information per serving**

Calories: 150	Dietary Fiber: 3g
Total Fat: 2.5g	Sodium: 60mg
Saturated Fat: 1g	Protein: 8g
Cholesterol: 5mg	Carbohydrates: 23g

