



## OVERNIGHT OATS (COURTESY OF MIN KWON, M.S., R.D./FOODNETWORK)

can last about 2-3 days, depending on the fruit used

 5 minutes

 1 portion

### INGREDIENTS

- 1/2 cup of milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D [123 g]
- 1/2 cup of cereals, oats, regular and quick, not fortified, dry [41 g]
- 1 container [7 oz] of yogurt, Greek, plain, lowfat [200 g]
- 1/2 oz of seeds, chia seeds, dried [14 g]
- 1/2 cup of blueberries, raw [74 g]

### COOKING METHOD

- 1° Add the desired milk, oats, yogurt, chia seeds, and fruit to a container with a lid and give a good stir.
- 2° Refrigerate for atleast 5 hours.
- 3° The next morning, add additional liquid if needed and mix additional stir-ins if desired (but consider additional calories) - examples: crunchy granola, additional fruit, cinnamon/spices, vanilla extract, nut butters, dried fruits, nuts/seeds, citrus zest

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [451 g]	% DRI
ENERGY	103 kcal	463 kcal	23 %
FAT	3 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	21 %
CHOLESTEROL	6 mg	25 mg	8 %
SODIUM	30 mg	137 mg	6 %
CARBOHYDRATE	13 g	58 g	19 %
SUGARS	3 g	15 g	—
FIBER	2 g	11 g	43 %
PROTEIN	7 g	32 g	—