

Berry Good Overnight Oatmeal

1 serving

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



- ½ cup oatmeal (old-fashioned or quick-cooking)
 - ½ cup low-fat milk
 - ½ cup low-fat yogurt, any flavor
 - ½ cup fresh or frozen berries
1. Wash hands with soap and water.
 2. Layer ingredients beginning with oatmeal and finishing with berries in a small cup, bowl, or jar.
 3. Refrigerate overnight. If desired, add nuts, chia seeds or ¼ teaspoon cinnamon before serving.
 4. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 recipe): Calories 330, Total Fat 4.5g, Saturated Fat 1.5g, Protein 16g, Total Carbohydrate 57g, Dietary Fiber 7g, Total Sugars 29g, Added Sugars 8g, Sodium 130mg.

Recipe Source: Nebraska Extension