



Overnight Oats

Yield: 1 serving

Ingredients

- ½ cup rolled oats
- ¾ cup milk (almond, cow's, soy, etc.) or water
- ¼ cup frozen fruit (berries, cherries, mango, peaches, etc.)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 1 tablespoon seeds (chia, flax, sesame, hemp, etc.)
- 1 tablespoon chopped nuts (almond, cashew, pecan, walnut, etc.)

Instructions

1. In a pint-sized canning jar, preferably wide mouth (or a small bowl), add the oats, milk, fruit, cinnamon and vanilla. Stir together and put the lid on the jar. Store overnight, in the refrigerator.
2. The next morning, or the following morning, you can either heat up the oat mixture or eat it cold. Top oats with the seeds and nuts before eating.

Nutrition Information

Serving Size: 1 recipe
Calories: 326
Total Fat: 13.9 g
Saturated Fat: 1.6 g
Monounsaturated Fat: 5.1 g
Polyunsaturated Fat: 6.4 g
Sodium: 25 mg
Total Carbohydrate: 39.6 g
Dietary Fiber: 7.1 g
Sugars: 3.8 g
Protein: 14 g

Source: Spectrum Health Culinary Medicine

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X23419 © Spectrum Health 09.2020

