

Overnight Oatmeal

Adapted from: [Food Hero, Oregon State University](#)

Yield: 4 cups

Serving size: 1 cup

Prep time: 15 minutes

Cook time: 6-12 hours

Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat plain or flavored yogurt
- ½ cup nonfat or 1% milk
- ½ cup berries, fresh or frozen
- ½ cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions:

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

Notes:

- Try other fresh, frozen, or canned fruits.

Nutrition Facts

4 Servings Per Recipe	Amount Per Serving	Percent Daily Value
Serving Size	1 cup	
Calories	160	
Total Fat	3 g	4%
Saturated Fat	1 g	5%
Cholesterol	5 mg	2%
Sodium	55 mg	2%
Total Carbohydrate	27 g	10%
Dietary Fiber	3 g	11%
Total Sugars	9 g	
Added Sugars	0 g	
Protein	8 g	

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