



Fruit and Nut Overnight Oats

Prep: 10 minutes | Chill: 8 hours | Total: 8 hours 10 minutes

Yield: 1 serving | Serving Size: 1 batch

Ingredients

½ cup uncooked old fashioned (rolled) oats

1 cup lowfat (1%) milk

1 tablespoon chia seeds

⅛-¼ teaspoon ground cinnamon, to taste

1 cup fresh fruit (e.g. berries, apple, banana), chopped

2 tablespoons unsalted chopped, slivered, or sliced nuts (e.g. almonds, walnuts, pecans)

Directions

1. In a quart-size mason jar or other 4-cup storage container, stir together the oats, milk, chia seeds, and cinnamon.
2. Add the fruit and nuts.
3. Cover with a lid and refrigerate overnight, or at least 8 hours.
4. Serve cold, or heat in the microwave for 1-2 minutes and serve warm.

Recipe Notes

- Substitute your favorite unsweetened non-dairy milk if desired.
- Try hemp seeds or ground flax seed (flax meal) instead of chia seeds.
- Add ¼ cup dried fruit, such as raisins or dried cranberries, instead of fresh fruit.
- For more crunch, add the nuts just before serving.

Nutrition Facts Per Serving: Calories: 460 | Total Fat: 18 g | Saturated Fat: 3 g
Sodium: 115 mg | Total Carbohydrate: 65 g | Dietary Fiber: 13.5 g | Protein: 17.5 g

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