

Berry-Vanilla Overnight Oats

Prep: 5 minutes | Chill: 5 hours | Total: 5 hours 5 minutes

Yield: 1 serving | Serving Size: 1 batch (~2 cups)

Ingredients

- ½ cup uncooked old fashioned (rolled) oats
- ½ cup lowfat (1%) milk
- 1 (5.3-ounce) container vanilla nonfat Greek yogurt (about ½ cup)
- 1 pinch ground cinnamon
- ½ cup frozen berries (one type or a combination; e.g. blueberries, raspberries, blackberries, mixed berries, sliced strawberries)

Directions

1. In a small (~2-cup) jar, bowl, or storage container, stir together the oats, milk, yogurt, and cinnamon.
2. Add the berries and stir to combine.
3. Cover with a lid or plastic wrap and place in the refrigerator. Chill overnight, or at least 5 hours.
4. Serve cold, or warm briefly (about 1 minute) in the microwave.

Recipe Notes

- These overnight oats will keep in the refrigerator for up to 7 days. Consider making multiple batches for a quick breakfast option throughout the week.
- For more texture and protein, try adding a nut and/or seed (e.g. chopped walnuts, sliced or slivered almonds, pepitas, hemp hearts).
- Another flavor of Greek yogurt can be used, if desired.
- Any frozen or drained canned fruit (e.g. peaches, cherries, mango, pears) can be used in place of the berries. Avoid mixing pineapple with the dairy in this recipe since this can create a bitter flavor.

**Nutrition Facts Per Serving: Calories: 340 | Total Fat: 4 g | Saturated Fat: 1 g
Sodium: 110 mg | Total Carbohydrate: 45 g | Dietary Fiber: 5.5 g | Protein: 21.5 g**

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