



Berry Good Overnight Oatmeal

1 servina

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

USDA.

- 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,
 - 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.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of

Recipe Source: Nebraska Extension

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