

Overnight Oatmeal

Ingredients:

Yield: 1 serving

- 1/3 cup soy milk
- 1/4 cup old fashioned rolled oats
- 1/8 cup steel cut oats
- 1/4 cup vanilla Greek yogurt
- 1/2 cup frozen mixed berries



Directions:

Mix all ingredients together and let refrigerate overnight. Enjoy!

Note: Make your own variety using additions such as seeds (chia seeds, flaxseed, hempseed), nuts (chopped almonds or walnuts), varieties of milk (kefir, almond milk) or other toppings (coconut, peanut butter, cinnamon). Changes to the recipe will alter the nutrition information.

(continued)

Nutrition Facts: (Per 1 serving)

Calories: 246

Fat: 4g

Sodium: 60mg

Carbohydrates: 42g

Dietary Fiber: 5.8g

Protein: 13g



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