## Overnight Oatmeal

### Ingredients:
- ⅓ cup soy milk
- ¼ cup old fashioned rolled oats
- ⅛ cup steel cut oats
- ¼ cup vanilla Greek yogurt
- ½ cup frozen mixed berries

**Yield:** 1 serving

### 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