



STRAWBERRY OVERNIGHT OATS

Recipe is high in fiber, low fat dairy and fruit!

PROCEDURE

01

Wash strawberries, remove stem/leaves and chop into bite sized pieces.

02

Combine old fashioned oats (not instant), milk and yogurt. Substitutions can be made for milk and yogurt, but try to choose low fat and low sugar options. If you only have instant oats, they can be used, but may get mushier than old fashioned oats.

03

Add strawberries and any optional toppings to the oat mixture. Mix together and cover with lid.

04

Place in refrigerator overnight and eat the next day! This can be enjoyed cold or warm. Tip: Try making multiple batches so that you have breakfast for a few days!



INGREDIENTS

- 1/4 cup old fashioned oats
- 1/3 cup 2% milk
- 1/4 cup yogurt
- 1/4 cup chopped strawberries

Optional Ingredients:

- Vanilla
- Cocoa powder
- Chia seeds
- Almonds
- Honey or agave syrup
- Banana

PREP TIME

- Prep | 10 m
- Cook | 0 m
- Ready in | 12 hours