

OVERNIGHT OATS 101

Making overnight oats at home is easy! Simply combine your choice of dry oats, yogurt, milk and toppings from the list below, refrigerate overnight, and enjoy in the morning!



OATS

1/4 cup (credit as 1 grain)

Quick or Old Fashioned Rolled Oats



MILK

1/8 cup

Milk:

- Lowfat White
- Fat-Free White
- Fat-Free Chocolate
- Fat-Free Strawberry



YOGURT

1/2 cup (credit as 1 meat alternative component)

Lowfat Yogurt:

- Flavored
- Greek-style
- Plain
- Vanilla



FRUIT

1/2 cup* (credit as 1/2 fruit)

- Apples
- Bananas
- Blueberries
- Peaches
- Strawberries
- Pineapple

*or 1/4 cup dried fruit

EXTRAS

- Brown Sugar
- Cocoa Powder
- Nut/Seed Butter
- Chocolate Chips
- Maple Syrup
- Raisins
- Cinnamon
- Nutmeg
- Vanilla