APPLE PIE OVERNIGHT OATS

Makes 1 serving

INGREDIENTS

1/4 cup oats, rolled, unenriched, quick cooking
1/2 cup vanilla low-fat yogurt
1 oz. 1% white milk
1/8 tsp ground cinnamon
1/2 cup unsweetened applesauce

INSTRUCTIONS

1. Combine dry oats, yogurt, milk and cinnamon together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.

NUTRITIONAL FACTS: PER SERVING

Calories: 209
Total Fat: 2.63 g
Saturated Fat: 1.32 g
Cholesterol: 9 mg
Sodium: 121 mg
Calcium: 264 mg
Protein: 9.37 g
Carbohydrates: 39.42 g
Dietary Fiber: 3 g