

very Berry overnight oats

Makes 1 serving

INGREDIENTS

1/4 cup yogurt, low-fat strawberry
1/4 cup milk, low-fat or fat-free
1/2 cup berries, frozen, unsweetened
1/3 cup oats, quick cooking, dry

INSTRUCTIONS

1. Combine all ingredients in a cup or jar. Stir to mix thoroughly. Cover and refrigerate several hours or overnight.
2. Top each cup with 1 oz. of vanilla yogurt and 1 Tbsp. berries.

NUTRITIONAL FACTS: PER SERVING

Calories: 240	Calcium: 200 mg
Total Fat: 2.5 g	Protein: 9.65 g
Saturated Fat: 0.8 g	Carbohydrates: 45 g
Cholesterol: 4 mg	Dietary Fiber: 3.8 g
Sodium: 80 mg	Vitamin A: 625 IU
Iron: 1.39 mg	Vitamin C: 27 mg

