

Overnight Oats

No Cook Recipe

Low Fat - Low Sodium - Whole Grain

Ingredients

Servings: 2

Prep Time: 5 minutes

- 1 cup **old fashioned oats**
- 1/2 cup **fresh or frozen fruit,**
chopped
- 1 cup **low fat milk**
- 1/4 tsp **cinnamon**

Optional add-ins: nuts, seeds, nut butter, maple syrup, or honey.

Directions

1. Combine all ingredients and divide into two containers with tight fitting lids.
2. Refrigerate overnight or for 8-12 hours.
3. Serve cold.



Recipe adapted from Chopchopfamily.org