



Overnight Oats

Yield: 4 servings

Modified from: www.joyfoodsunshine.com

Ingredients:

- 1 (5.3oz) container plain Greek yogurt
- 1 teaspoon honey
- 1 teaspoon pure vanilla extract
- 1 cup skim milk or unsweetened almond milk
- 1 ½ cups old-fashioned oats

Toppings:

- Cinnamon, to taste
- Sliced almonds, to taste
- Fruit, sliced, topping

Directions:

1. In a bowl combine yogurt, honey, vanilla, milk and oats. Place in refrigerator overnight.
2. Portion out servings and top with desired toppings.

Nutrition information:

Serving size: ¼ of recipe without toppings

Calories: 170

Fat: 2g

Sodium: 54mg

Carbohydrates: 27g

Sugar: 6g

Fiber: 3g

Protein: 12g