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Overnight Oatmeal with Strawberries

Makes 1 serving. Recipe adapted from Quaker® Oats.

Ingredients

- 1/2 cup Quaker® Oats
- 1/2 cup non-fat milk
- 1/2 cup non-fat plain Greek yogurt
- 1 teaspoon chia seeds (optional)
- 1 cup fresh strawberries, mixed berries or other fruit

Nutritional info per serving

Calories:	311
Total fat:	3g
Cholesterol:	5mg
Sodium:	159mg
Total Carbs:	55g
Dietary Fiber:	8g
Protein:	16g
Potassium:	868mg

Directions

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Layer Greek yogurt, chia seeds and mixed fruit and berries.
3. Refrigerate overnight and enjoy in the morning!