



# Overnight Oatmeal



FoodHero.org

## Ingredients



- 1 cup uncooked old fashioned rolled oats
  - 1/2 cup chopped apple (about 1/3 medium apple)
  - 1 cup low-fat yogurt
  - 1/2 cup non-fat or 1% milk
  - 1/2 cup berries, fresh or frozen
- Yield: 4  
Serving Size: 1 cup



## Directions



1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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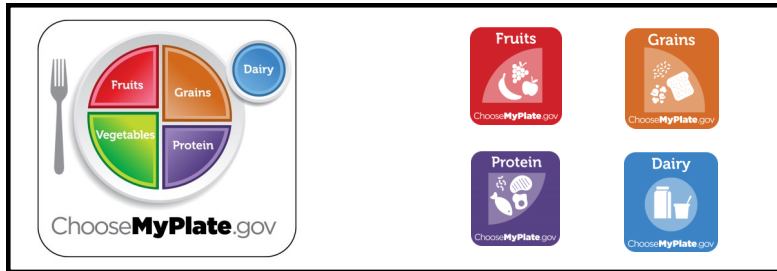
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- For a more filling and protein based breakfast, add peanut butter.
- Mix and match different fruits!
- Can be made with or without milk.
- Sprinkle cinnamon to add a sweet flavor! This spice also includes anti-inflammatory properties and antioxidants.

## Nutrition Facts



Nutrition Facts	
Serving Size almost 1 cup (142g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 20</b>
	<b>% Daily Value*</b>
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein 8g</b>	
Vitamin A 4%	• Vitamin C 15%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

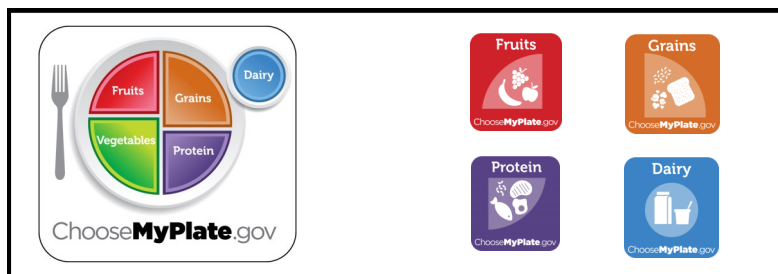
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