



# Overnight Oats

Servings 1 | Prep time 5 mins. | Total time 5 mins.

**Equipment:** Small air-tight container

**Utensils:** Measuring spoons and cups, Mixing spoon

## Ingredients

½ cup rolled oats

Dash of salt

½ cup low-fat milk

1 teaspoon sweetener (sugar, brown sugar, maple syrup, honey, etc.)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit, if using.
2. Mix together rolled oats, salt, low fat milk, and sweetener.
3. If using, stir in ingredients for a flavor combination.
4. Place in an air-tight container and refrigerate overnight.

Flavoring combinations:

Apple cinnamon walnut: ¼ cup unsweet applesauce, ¼ teaspoon cinnamon, 1 tablespoon walnuts

Brown sugar cinnamon: 2 teaspoon brown sugar, 1 teaspoon maple syrup, ¼ teaspoon cinnamon

Chocolate peanut butter: 1/4 teaspoon cocoa powder, 1 teaspoon peanut butter

## Nutritional Information:

Calories 210

Total Fat 3g

Sodium 60mg

Total Carbs 37g

Protein 9g