



Overnight Oats

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

Equipment:

Small, air-tight container

Utensils:

Mixing spoon

Measuring cups and spoons

Ingredients

1/2 cup rolled oats

1 dash salt

1/2 cup low-fat milk

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

Nutritional Information:

Calories 210

Total Fat 3g

Sodium 60mg

Total Carbs 37g

Protein 9g

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: 1/4 cup unsweet applesauce, 1/4 teaspoon cinnamon, 1 tablespoon walnuts
- Brown sugar cinnamon: 2 teaspoon brown sugar, 1 teaspoon maple syrup, 1/4 teaspoon cinnamon
- Chocolate peanut butter: 1/4 teaspoon cocoa powder, 1 teaspoon peanut butter