

FRUITY OVERNIGHT OATMEAL

INGREDIENTS:

- ¼ cup old-fashioned rolled oats
- ¼ cup plain or vanilla low-fat yogurt
- 1 Tbsp. instant dry milk.
- ¼ c water
- ¼ cup fruit, chopped (bananas, berries, peaches, etc.)
- ¼ tsp. ground cinnamon
- Toppings (nuts, chocolate chips, etc.), optional.



DIRECTIONS:

1. In a large measuring cup, measure ¼ cup water. Add instant dry milk and still until powder is dissolved.
2. Place all ingredients in an air-tight container and mix well.
3. Cover and refrigerate overnight.
4. Serve with extra fruit and chopped nuts, if desired.

Fun Facts!

- Oatmeal is a whole grain.
- Greek yogurt has less sugar and more protein than regular yogurt.
- The only thing removed from dry milk is the water so it has all the same nutrients as regular milk!