

Berry Overnight Oats

Overnight oats are a great way to meal prep ahead of time. They are an excellent source of whole grains, fiber, and protein to help keep you satisfied. Start with 1/2 cup of milk or milk alternative. If you prefer a thicker or thinner final product, just adjust your amount of liquid accordingly.

Serves 1 **Serving size:** 1½ cups **Prep time:** 5 minutes **Cook time:** 0 minutes **Total time:** 5 minutes + overnight

Ingredients

- 1/2 cup oats (old fashioned or rolled oats work best)
- 1/2 cup milk or milk-alternative (1%, skim, almond, etc.)
- 1/2 cup nonfat Greek yogurt
- 1 Tablespoon chia seeds
- 1 Tablespoon maple syrup or honey
- 1/2 teaspoon vanilla extract
- 1/2 cup fresh or frozen berries (blueberries, raspberries, strawberries)

Directions

1. Add ingredients to a food-safe jar or food-storage container. Mix until well combined.
2. Seal and place in refrigerator for at least 2 hours or overnight.
3. Option to add the blueberries and raspberries before refrigeration or right before eating.



Nutrition Facts

Serves 1	
Serving size	1½ cups (363g)
Amount per serving	
Calories	332
<small>% Daily Value*</small>	
Total Fat 8g	12%
Saturated Fat 1.0g	5%
<i>Trans Fat</i> 0.1g	
Cholesterol 6mg	2%
Sodium 127mg	5%
Total Carbohydrate 49g	16%
Dietary Fiber 10g	40%
Total Sugars 23g	
Protein 18g	35%
Vitamin D 0mcg	0%
Calcium 459mg	46%
Iron 3mg	16%
Potassium 338mg	11%
Phosphorus 162mg	16%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition information based on recipe made with unsweetened almond milk