

Classic overnight oats

A fantastic grab-and-go breakfast that is easy and incredibly versatile.



Vegetarian



30 mins or less



No-cook



PREP TIME
8 min



COOK TIME
0 min



SERVINGS
1

Ingredients

- 85 mL (1/3 cup) lower fat plain yogurt
- 85 mL (1/3 cup) large flake oats
- 85 mL (1/3 cup) lower fat milk, unsweetened fortified soy beverage or water
- 125 mL (1/2 cup) frozen strawberries
- 2 mL (1/2 tsp) cinnamon

Directions

1. In a medium-sized mixing bowl, whisk together all ingredients (except strawberries). Spoon into a jar or container with a tight-fitting lid.
2. Refrigerate for at least 4 hours, but preferably overnight before eating. Top with strawberries when ready to serve.

Tips

- ✓ Eat overnight oats cold or warm. If you prefer them warm, heat up in the microwave before eating.
- ✓ Stir in more milk, unsweetened fortified soy beverage or water before eating if you prefer a looser consistency.
- ✓ Switch it up! Use your favorite seasonal fruit instead of frozen strawberries. In the summer, try peaches, plums, or blueberries.
- ✓ Little chefs can help mix the ingredients.

