

Overnight Oatmeal



OVERNIGHT OATMEAL

ingredients

1 cup rolled oats (not instant)
1 cup low-fat yogurt
1/2 cup milk (dairy or alternative)
1/2 cup berries (fresh or frozen)
1/3 cup apple, chopped

directions

In a container with a lid, combine oats, yogurt, and milk. Mix to combine. Top with berries.

Cover and refrigerate overnight. Serve cold.

notes

Mix and match your favorite berries to customize your oatmeal!

SPFC

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.