



Strawberry Banana Overnight Oats



1-800-WIC-1007

Ingredients

- ½ cup rolled oats
- ½ cup plain low-fat yogurt
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- ¼ cup of fresh or frozen berries
- ½ cup of sliced bananas

Directions

1. In a plastic container, add the oats.
2. Pour in the yogurt, milk, and cinnamon and stir gently to combine.
3. Add the fruit and cover the container with a lid.
4. Refrigerate overnight or for at least 4 hours.

Serves: 1 • Serving Size: 1 container • Prep Time: 10 minutes • Cook Time: 4 hours

Overnight Oat Variations

1. **PB&J Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup frozen or fresh strawberries, and ½ cup peanut butter
2. **Coconut Oats:** ½ cup oats, 1½ teaspoons lemon juice, ½ cup low-fat milk, ½ cup vanilla yogurt, ⅓ cup shredded coconut, and ½ cup fresh or frozen fruit of choice
3. **Peach Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup vanilla yogurt, 1 teaspoon cinnamon, and ⅔ cup frozen or fresh peaches
4. **Apple Pie Oats:** ½ cup oats, ½ cup low-fat milk, ¼ cup plain yogurt, 1 teaspoon cinnamon, ½ cup chopped apple, and 1 teaspoon honey



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Nutrition Facts Per Serving: 295 Calories, 4 g Fat, 56 g Carbohydrate, 11 g Protein, 58 mg Sodium

Supplies

- Measuring cups
- Measuring spoons
- Plastic container with lid
- Small knife
- Cutting board