**Strawberry Banana Overnight Oats**

**Ingredients**

* ½ cup rolled oats
* ½ cup plain 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

**Supplies**

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

**Overnight Oat Variations**

* **PB&J Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup frozen or fresh strawberries, and ½ cup peanut butter
* **Coconut Oats:** ½ cup oats, 1 ½ teaspoons lemon juice, ½ cup low-fat milk, ½ cup vanilla yogurt, 1/3 cup shredded coconut, and ½ cup fresh or frozen fruit of choice
* **Peach Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup vanilla yogurt, 1 teaspoon cinnamon, and 2/3 cup frozen or fresh peaches
* **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

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