

PEACHES N CREAM OVERNIGHT OATS

Makes 1 serving

INGREDIENTS

1/4 cup oats, rolled, unenriched,
quick cooking
1/2 cup vanilla low-fat yogurt
1 oz. 1% white milk
1/2 cup peaches, canned, diced in extra
light syrup

INSTRUCTIONS

1. Combine dry oats, yogurt, and milk together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.

NUTRITIONAL FACTS: PER SERVING

Calories: 215	Calcium: 267 mg
Total Fat: 2.75 g	Protein: 9.87 g
Saturated Fat: 1.32 g	Carbohydrates: 39 g
Cholesterol: 9 mg	Dietary Fiber: 2.3 g
Sodium: 113 mg	

