

Overnight Oats

Total Time: 10 minutes

Servings: 1



Ingredients

- ½ cup low-fat milk
- ¼ cup plain, nonfat Greek yogurt
- 2 teaspoons honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries, frozen

Directions

1. Combine milk, Greek yogurt, honey, cinnamon, and vanilla in a container or jar with lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Try frozen blueberries, strawberries, peaches, or other frozen fruit in place of raspberries!

Recipe from MyPlate.gov

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