

[Overnight oatmeal with berries](#)



Recipe credit

USDA Center for Nutrition Policy and Promotion

[Ver esta receta en español](#)

About this recipe

Serves

1

Time to make

15 minutes

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup berries, frozen (ex: blueberries, raspberries, strawberries)

Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a 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.

Tips and variations

- Try adding 1-2 tablespoons of chia seeds for a good source of omega-3 fatty acids, fiber, and iron.
- Add extra fresh berries or fruit of choice before eating.

Recipe video

Nutritional info

Calories

311

Total fat
4 g
Saturated fat
1 g
Cholesterol
7 mg
Sodium
86 mg
Total carbohydrates
53 g
Dietary fiber
9 g
Protein
17 g
Total sugar
21 g
Allergens
Dairy
Wheat

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)