

## Overnight oatmeal with berries



Recipe credit

USDA Center for Nutrition Policy and Promotion

### **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

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