Berry Good Overnight Oatmeal

Imagine waking up to an already prepared, delicious (and nutritious!) breakfast of berries, oatmeal, milk and yogurt. After tasting this overnight oatmeal, you may make it a regular in your house!

Yield: 1 serving

Ingredients:
- ½ cup oatmeal (old-fashioned or quick-cooking)
- ½ cup low-fat milk
- ½ cup low-yogurt (any flavor)
- ½ cup fresh or frozen berries (or any fresh, frozen or canned fruit)

Directions:
1. Wash hands with soap and water.
2. Add each of these ingredients beginning with oatmeal to a cup or bowl.
3. Refrigerate overnight and enjoy for breakfast!

Nutrition Information:
Calories 340, Total Fat 4.5g, Saturated Fat 1.5g, Cholesterol 10mg, Sodium 135mg, Total Carbohydrates 61g, Fiber 2g, Protein 16g, Vitamin D 10%, Calcium 30%, Iron 10%, Potassium 15%

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