

Eat  Smart!



Overnight Oats

Ingredients:

- 1/2 cup old fashioned (rolled) oats
- 1/2 cup milk
- 2 Tablespoons vanilla Greek yogurt
- 1/2 cup fruit
- Optional: 2 Tablespoons toppings (nuts, shredded coconut, granola, cereal, etc)

Directions:

1. Add raw oats to container with airtight lid.
2. Pour milk over oats.
3. Stir in yogurt.
4. Top with fruit. Place lid on container and refrigerate.
5. In the morning, stir, add additional toppings as desired and enjoy!

Recommended combinations:

- Chopped apples & cinnamon
- Strawberries & almonds
- Banana, cinnamon and walnuts

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Nutrition Facts

servings per container	
Serving size	(278g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 2mcg	10%
Calcium 223mg	15%
Iron 3mg	15%
Potassium 538mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Putting Healthy Food
Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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