



# Overnight Oats with Yogurt

Makes 1 serving

## Ingredients

½ cup regular or thick rolled oats  
 ½ cup plain nonfat Greek yogurt  
 ½ cup milk (skim, almond, soy, etc.)  
 ½ banana, sliced  
 pinch of cinnamon  
 pinch of sea salt  
 pinch of sugar or a drizzle of honey  
 ¼ cup strawberries  
 2 teaspoons whole flaxseeds (or ground or meal)



## Instructions

The night before, combine ingredients in a bowl, stir, then cover with plastic wrap and place in the refrigerator overnight.

In the morning, remove the plastic wrap and stir the ingredients again. You will notice the texture is very creamy, doughy and thick. The oats absorb the liquid and become almost fluffy.

## Special recipe tips

The choices for toppings are endless. Here are a few you might want to try:

- Fresh fruit (sliced peaches, blueberries, raspberries, blackberries)
- Almonds, cashews, walnuts, chia seeds, trail mix
- Dried fruits
- Nut butter (almond, peanut, cashew)

You can also double or triple the recipe for 1-2 additional breakfasts!

## Nutrition Facts

Serving Size: 376g; Calories 356; Total Fat 5.4g; Saturated Fat 0.8g; Cholesterol 5mg; Sodium 105mg; Total Carbohydrates 54.7g; Dietary Fiber 7.6g; Protein 26.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and  
BlueChoice HealthPlan of South Carolina