

# Overnight Oatmeal



Prep time:  
**15 min**



Cook time:  
**360 min**



Yield:  
**4 Servings**



Serving  
Size:  
**approx. 1  
Cup**

## Ingredients

1 cup uncooked old-fashioned rolled oats  
1 cup low-fat yogurt  
½ cup non-fat or 1% milk  
½ cup berries, fresh or frozen  
½ cup chopped apple

## Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Refrigerate leftovers within 2 hours.