

Classic overnight oats

A fantastic grab-and-go breakfast that is easy and incredibly versatile.



Vegetarian



30 mins or less



No-cook



PREP TIME
8 min



COOK TIME
0 min



SERVINGS
1

Ingredients

- 75 mL (⅓ cup) lower fat plain yogurt
- 60 mL (¼ cup) large flake oats
- 125 mL (½ cup) lower fat milk, unsweetened fortified soy beverage or water
- 60 mL (¼ cup) frozen strawberries
- 2 mL (½ tsp) cinnamon

Directions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar or container with a tight-fitting lid.
2. Refrigerate for at least 4 hours, but preferably overnight before eating.

Tips

- ✓ Switch it up! Use your favorite **seasonal fruit** instead of frozen strawberries. In the summer, try peaches, plums, or blueberries.
- ✓ **Get creative** with other ingredients you have in the kitchen! Here is an idea: try grated carrot and apples.
- ✓ Eat overnight oats **cold** or **warm**. If you prefer them warmed, heat up in the microwave before eating.
- ✓ **Double, triple** or **quadruple** this recipe, depending on how many you are feeding.
- ✓ Little chefs can help mix the ingredients.



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