

Overnight Oats

Overnight oats are a great way to have a healthy and filling breakfast without having to spend time cooking in the morning. To make overnight oats, combine all of the ingredients into a cup or jar with a lid and let rest in the refrigerator overnight.

A few tips to make your overnight oats even better:

- Use a 1:1 ratio of oats to dairy
- Old fashioned rolled oats
- To increase protein use low-sugar Greek yogurt, skim milk, or Fairlife high protein milk
Add ½ - 1 serving of fresh, frozen, or canned (in water or light syrup) fruit.
- Enhance flavor by adding non-caloric seasonings, like cinnamon, nutmeg, or ginger.
- Start your day with healthy fats by adding 1 tablespoon of chia seeds, flax seeds, sliced nuts, or nut butter.
- For more crunch, mix in any nuts right before eating

Apple Cinnamon Overnight Oats

Makes 1 Serving

INGREDIENTS

1/2 cup Quaker® Oats
1/2 cup nonfat milk
1/4 cup plain, nonfat yogurt
1/2 cup apple, chopped
1/8 teaspoon ground cinnamon
1 teaspoon honey
1 teaspoon chia seeds

DIRECTIONS

1. Add oats to your container of choice and pour in milk and low-fat yogurt.
2. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds. 3. Place in fridge and enjoy in the morning or a few hours later

Nutrition Information per Serving:

Calories: 300 calories, Total Fat: 4g, Carbohydrates: 57g, Fiber: 8g, Protein: 12g, Sodium: 53mg



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