

# Overnight Oatmeal



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## *ingredients*

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1 cup rolled oats (not instant)  
1 cup low-fat yogurt  
1/2 cup milk (dairy or alternative)  
1/2 cup berries (fresh or frozen)  
1/3 cup apple, chopped

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## *directions*

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In a container with a lid, combine oats, yogurt, and milk. Mix to combine. Top with berries.

Cover and refrigerate overnight. Serve cold.

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## *notes*

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Mix and match your favorite berries to customize your oatmeal!

**SPFC**

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SERVE PEOPLE. FEED COMPASSION.