



Breakfast

**LIVE WELL
ALABAMA**

#EatBetter

Overnight Oats

Helpful Hints

Add blueberries, bananas, strawberries, or your favorite fruit for more flavor.

Add a dash of vanilla extract for more flavor without the added sugar.



Follow Us   

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. www.aces.edu

New April 2019, FCS-2352

©2019 by the Alabama Cooperative Extension System. All rights reserved.

Overnight Oats

Serves 2

Ingredients

½ cup old-fashioned oats
½ teaspoon cinnamon
1 tablespoon raisins
½ cup skim milk

Directions

1. Mix oats, cinnamon, and raisins together in bowl.
2. Add milk and stir.
3. Leave in refrigerator overnight.
4. Serve the next day.