



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.

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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.