

Oatmeal and Fruit Overnight



Ingredients:

- 1/2 cup low-fat milk
- 1/4 cup fat-free Greek yogurt
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/2 cup uncooked rolled oats
- 1/2 cup raspberries and/or strawberries, frozen

Directions:

1. Combine milk, Greek yogurt, honey, and cinnamon in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Makes 1 Serving



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