

# Overnight Oats



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 1

**Prep:** 2 minutes **Total:** 8 hours

## INGREDIENTS

- 1/2 cup milk of choice\*
- 1/2 cup water
- 1/2 cup rolled oats
- Pinch of salt
- 1/4 teaspoon vanilla extract, optional
- Optional toppings: honey, fresh fruit, dried fruit, nuts, seeds, cinnamon or cocoa.

## DIRECTIONS

1. Mix your milk of choice and water with the oats, vanilla and salt until combined in a airtight container.
2. Store covered in the refrigerator, until oats soften and liquid is mostly absorbed, at least 8 hours and up to 3 days.
3. Serve as is or with desired toppings.

Notes:

- The nutritional value is calculated using 2% milk.\*



## Nutrition Information

*Serving Size: 1*

<b>Calories</b>	<b>364</b>
<b>Total fat</b>	<b>7 g</b>
Saturated Fat	2 g
Trans fat	0 g
<b>Cholesterol</b>	<b>10 mg</b>
<b>Sodium</b>	<b>208 mg</b>
<b>Carbohydrates</b>	<b>58 g</b>
Fiber	8 g
Sugars	8 g
<b>Protein</b>	<b>17 g</b>

Recipe adapted from:  
Realsimple.com