

Overnight Oatmeal (In all variations)

Ingredients:

- 1 container (6 oz) greek yogurt, any flavor
- 1/4 cup uncooked old-fashioned or quick-cooking oats
- 1/4 cup fruit (see ideas below)

Instructions:

In container with tight-fitting cover, mix yogurt and uncooked oats. Stir in desired fruit.

Cover; refrigerate at least 8 hours but no longer than 3 days before eating.



Different Variations:

Use raspberries, orange segments, pineapple pieces, kiwi, blueberries, strawberries, blackberries, banana, or grapes.

Nutrients per serving approx.: 210 calories, 16g protein, 31g carbohydrates, 2g fat
(calculated on the addition of berries with Greek yogurt & oats)

Other ideas:

Pomegranate Power Oatmeal: Stir in 1/4 cup pomegranate seeds. Calories 230 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 180mg; Total Carbohydrate 34g (Dietary Fiber 4g); Protein 16g

Honey Power Oatmeal: Stir in 1 tablespoon honey or 2 tablespoons comb honey.* Calories 260 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 90mg; Total Carbohydrate 43g (Dietary Fiber 3g); Protein 16g

Almond Power Oatmeal: Stir in 1/4 cup toasted almonds. Calories 330 (Calories from Fat 120); Total Fat 13g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Potassium 240mg; Total Carbohydrate 31g (Dietary Fiber 6g); Protein 21g

*To toast almonds, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until almonds begin to brown, then stirring constantly until almonds are light brown

German Chocolate Cake: Stir in 1 tablespoon chocolate chips and 1 tablespoon unsweetened coconut. Calories 250 (Calories from Fat 70); Total Fat 8g (Saturated Fat 5g, Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Potassium 140mg; Total Carbohydrate 38g (Dietary Fiber 3g); Protein 8g



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S'mores: Stir in 1 tablespoon chocolate chips and 2 tablespoons miniature marshmallows. Calories 240 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 5mg; Potassium 110mg; Total Carbohydrate 42g (Dietary Fiber 2g); Protein 8g

Bananas Foster: Stir in 1/2 sliced banana and 1 tablespoon chocolate chips. Calories 280 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Potassium 320mg; Total Carbohydrate 50g (Dietary Fiber 4g); Protein 8g

Peanut Butter Cup Overnight Oatmeal: Stir in 1 tablespoon each chocolate chips and peanut butter chips. Calories 270 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg; Sodium 30mg; Potassium 150mg; Total Carbohydrate 42g (Dietary Fiber 3g); Protein 9g

Crafted by Melissa Rowe