

# Refrigerator Oats

## (overnight)

- Make a few servings at one time for an easy grab-and-go breakfast during the week.
- Adding chia seeds provides heart healthy omega 3 fatty acids.
- Protein from Greek yogurt increases satiety (fullness).
- Top with frozen, fresh or dried fruits, nuts, granola, nut butter or spices.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 11g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 213mg	15%
Iron 2mg	10%
Potassium 256mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Refrigerator Oats

Servings: 1

Prep Time: 5 minutes



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## Ingredients:

- 1/3 cup old fashioned dry rolled oats
- 1/3 cup non-fat/low-fat milk, or unsweetened milk alternative
- 1/3 cup non-fat Greek yogurt, plain or vanilla
- 1 teaspoon chia seeds
- 1/2-1 teaspoon maple syrup (optional)

## Directions:

1. In a container with a lid, **combine** all of the ingredients and **mix** roughly.
2. **Refrigerate** for at least 5 hours, or until all liquid has been soaked up by the oats – it will not be runny if you tilt it from side to side. Serve cold.
3. If you prefer warm oatmeal, **heat** for 30-60 seconds in a microwave safe container. [Tip: **add** frozen fruit before heating]

### Topping combinations:

- Blueberries + pecans + honey
- Apples + cinnamon + maple syrup
- Peanut butter + banana
- Unsweetened cocoa powder (1 tablespoon) + chopped walnuts + raspberries + vanilla extract (1/4 teaspoon) (add maple syrup to the base)

## Recipe Credit:

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