

got milk?[®]

OVERNIGHT OATS

INGREDIENTS

- 1 cup lowfat yogurt, plain
- 3/4 cup real milk
- 1/2 cup raspberries + 1/2 cup blueberries (or fruit of choice)
- 1/2 cup dry oats

DIRECTIONS

1. Layer oats, real milk, yogurt and berries in a container with a lid (for example a mason jar).
2. Let sit, with the lid on, in the refrigerator overnight.
3. If you prefer the texture of harder berries, add the berries in the morning. If you prefer them a little sweeter, add them the night before.

