

New York

Overnight Oatmeal with Berries

Featured Food: Yogurt

Makes: 1 serving

Ingredients

- ½ cup milk (or less for thicker oatmeal)
- ¼ cup plain Greek yogurt
- 2 teaspoons honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries, fresh or frozen (or other fruit)

Directions

1. Combine milk, yogurt, honey, cinnamon, and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Top with raspberries or gently fold into oat mixture.
4. Cover and refrigerate for 8 hours or overnight.
5. Enjoy cold or heat as desired.



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