

# PEACHES N CREAM OVERNIGHT OATS

Makes 1 serving

## INGREDIENTS

- 1/4 cup oats, rolled, unenriched, quick cooking
- 1/2 cup vanilla low-fat yogurt
- 1 oz. 1% white milk
- 1/2 cup peaches, canned, diced in extra light syrup

## INSTRUCTIONS

1. Combine dry oats, yogurt, and milk together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.

## NUTRITIONAL FACTS: PER SERVING

- |                       |                      |
|-----------------------|----------------------|
| Calories: 215         | Calcium: 267 mg      |
| Total Fat: 2.75 g     | Protein: 9.87 g      |
| Saturated Fat: 1.32 g | Carbohydrates: 39 g  |
| Cholesterol: 9 mg     | Dietary Fiber: 2.3 g |
| Sodium: 113 mg        |                      |

