

## Ingredients:

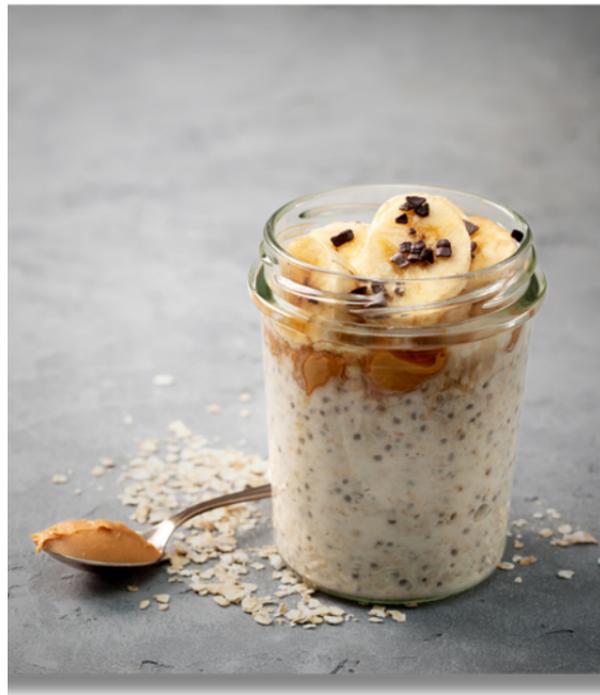
- 1/2 cup rolled oats
- 1/2 cup low fat milk or milk alternative
- 1/4 cup plain Greek yogurt
- 1 Tbs. maple syrup or maple flavored syrup
- 1 Tbs. chia seeds (optional)

## Directions:

- Combine all ingredients in a jar or bowl with a tight fitting lid. Place in fridge and let soak overnight or at least 8 hours.

## Add Ins (add to basic recipe above before or after placing in fridge):

- Strawberries, blueberries, raspberries to taste
- 1 Tbs nut butter
- 1 Tbs chopped nuts
- 1/2 small, mashed banana
- 1/4 tsp Cinnamon, nutmeg, and/or vanilla extract



# Featured Food: Oats



Whole grain oats provide a wide range of health benefits including lowering cholesterol and reducing blood sugar. Oats can be found in many forms including: rolled oats, quick oats, steel cut oats, and instant oatmeal. All forms of oats contain the same health benefits and are a delicious and healthy way to start your day.

Each 1/2 cup of oats contains 5 grams of protein, 4 grams of fiber, and 28 grams of carbohydrates.

For more information, visit [www.ncdhhs.gov/ncwic](http://www.ncdhhs.gov/ncwic)

