

INGREDIENTS:

- 2/3 cup old-fashioned oats
- ½ cup fat-free milk
- 1/3 cup fat-free Greek yogurt
- 1 teaspoon chia seeds

TOPPINGS:

- 1 small banana, sliced
- 1 tablespoon creamy peanut butter
- 1 teaspoon cocoa powder



Nutrition Information:

Calories: 507, Total Fat: 15g, Saturated Fat: 2g, Cholesterol: 4mg, Sodium: 195mg, Total Carbohydrate: 73g, Fiber: 10g, Protein: 26g

DIRECTIONS (Yields 1 serving)

1. Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight.
2. Toppings can be added the night before or just before serving. Stir to combine.

INGREDIENTS:

- 2/3 cup old-fashioned oats
- ½ cup fat-free milk
- 1/3 cup fat-free Greek yogurt
- 1 teaspoon chia seeds

TOPPINGS:

- ½ cup blueberries
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- ½ teaspoon vanilla extract



Nutrition Information:

Calories: 362, Total Fat: 6g, Saturated Fat: 0.4g, Cholesterol: 4mg, Sodium: 126mg, Total Carbohydrate: 58g, Fiber: 9g, Protein: 22g

DIRECTIONS (Yields 1 serving)

1. Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight.
2. Toppings can be added the night before or just before serving. Stir to combine.