

# Fruit Infused Overnight Oatmeal

Do you ever find yourself so busy in the mornings that often the first time you sit down is to eat lunch and wonder why you are starving? Breakfast is the most important meal of the day! Use this recipe to discover how to fuel your body even on the busiest mornings.

## Goals of the Class

1. Understand the health benefits of re-introducing breakfast into your morning routine.
2. Discover three recipe variations to make traditional oatmeal more exciting and flavorful.
3. Learn how to use this recipe to practice meal preparation techniques by preparing a big batch to eat throughout the week.

## Nutrition Spotlight

**Oatmeal** is great source of fiber, can help lower bad cholesterol and lower heart disease risk. Use this recipe to incorporate more oatmeal into your day. This oatmeal expands when absorbing the milk and yogurt and turns into a dessert like breakfast option.

Breakfast is the most important meal of the day. Eating a well balanced, nutrient rich breakfast will start your day on the right foot and will help you make smarter choices during the day.

**Yogurt** is naturally rich in protein and calcium. As a probiotic it will benefit your health by stimulating your immune system and promoting intestinal health.

**Blueberries** are great source of antioxidants which help protect against certain cancers and are high in fiber. Packed with phytonutrients, blueberries help boost our immune system.

**Chia seeds** are great source of omega 3 fatty acids which decrease inflammation. Chia seeds have gelling properties that contribute to the pudding-like texture of this recipe. Chia seed are an excellent source of fiber- just 1 oz. contains 11g of fiber!

## Key Techniques & Helpful Hints

1. Don't skip breakfast! This recipe is great option for breakfast since it is a great source fiber, low in fat, sodium and contains omega 3 fatty acids that will leave you full until lunch time.
2. Try your favorite flavored Greek yogurt or dried fruit in this recipe. If wanting to use nuts, it is recommended to top the oatmeal with toasted nuts. Letting the nuts soak overnight may cause the nuts to lose their crunch!
3. If you are looking to eat this recipe five days per week, multiply the ingredients by five to yield enough. Either make in one large container or portion into different containers.

# RECIPE

## Fruit Infused Overnight Oatmeal

1 serving

### Ingredients

#### Base Recipe:

1/4 cup uncooked old fashioned rolled oats  
1/3 cup skim milk  
1/4 cup low fat Greek yogurt  
1-1/2 teaspoons dried chia seeds

#### Peaches and Cream:

1/4 cup diced peaches, fresh or frozen thawed

#### Blueberry-Almond:

1/8 teaspoon almond extract  
1 teaspoon honey, optional  
1/4 cup blueberries

#### Apple Pie:

1/2 teaspoon cinnamon  
1 teaspoon honey, optional  
1/4 cup unsweetened applesauce

### Directions

1. In a 8 oz. Mason jar or container with fitted lid, combine the oats, milk, yogurt, chia seeds and additional flavor option (extracts and syrups if using).
2. Stir to combine.
3. Add fruit and stir with fork until mixed throughout.
4. Place lid on jar and refrigerate overnight or up to 2 days. Eat chilled.

#### Blueberry Almond:

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
177	4	0	28	9	6	44

#### Peaches and Cream:

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
177	4	0	28	9	6	44

#### Apple Pie:

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
184	4	0	29	9	6	44