



Cinnamon Nut Overnight Oats

These overnight oats are an easy and healthy breakfast that can be made the night before. They are great with any nut.

U.S.		Metric
1 1/3 cups	Oatmeal, old fashioned or rolled	226 grams
1 1/3 cups	Yogurt, low-fat, unsweetened	474 mL
1 1/3 cups	Milk, 1% or unsweetened almond milk	474 mL
2 Tbsp	Granulated sugar, or honey	30 mL
2 tsp	Vanilla extract	10 mL
1 tsp	Cinnamon, ground	6 grams
4 Tbsp	Raisins	56.5 grams
4 Tbsp	Walnuts, or hazelnuts	56.5 grams

Preparation:

1. Gather all ingredients and equipment.
2. In a large bowl, mix together the oats, yogurt, milk, sugar, vanilla, and cinnamon.
3. In four separate containers (bowls or mason jars), pour the oatmeal mixture.
4. Top each container with 1 Tbsp nuts and raisins. Cover and store in the refrigerator for up to 5 days.

Nutrition Facts

4 Servings

Serving size 1 cup

Amount per serving 1 cup

Calories 360

Calories from Fat 110

Total Fat 12 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 2 g

Cholesterol 5 mg

Sodium 100 mg

Total Carbohydrate 51 g

Dietary Fiber 5 g

Total Sugars 29 g

Includes 9 g Added Sugars

Protein 13 g

Vitamin D 0 %

Calcium 30 %

Iron 8 %

Potassium 611 mg

Phosphorus 378 mg