Peaches n' Cream Overnight Oats

Overnight oats are a quick and easy way to have breakfast ready in the morning, or to have on-hand for a snack.

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

### Nutrition Facts

<table>
<thead>
<tr>
<th>1 Servings</th>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>1 1/3 cups</td>
<td>226 grams</td>
</tr>
<tr>
<td></td>
<td>1 1/3 cups</td>
<td>474 mL</td>
</tr>
<tr>
<td></td>
<td>1 1/3 cups</td>
<td>474 mL</td>
</tr>
<tr>
<td></td>
<td>1 1/3 cups</td>
<td>30 mL</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp</td>
<td>10 mL</td>
</tr>
<tr>
<td></td>
<td>2 tsp</td>
<td>212 grams</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
<td>11 g</td>
</tr>
</tbody>
</table>

**Amount per serving**

**Calories** 220

Calories from Fat 25

**Total Fat** 3 g

- **Saturated Fat** 1 g
- **Trans Fat** 0 g
- **Monounsaturated Fat** 1 g

**Cholesterol** 5 mg

**Sodium** 100 mg

**Total Carbohydrate** 39 g

- **Dietary Fiber** 3 g
- **Total Sugars** 21 g
  - Includes 6g Added Sugars

**Protein** 11 g

- **Vitamin D** 0 %
- **Calcium** 30 %
- **Iron** 6 %
- **Potassium** 494 mg
- **Phosphorus** 0 mg