



## 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.

<b>U.S.</b>		<b>Metric</b>
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 cup	Peaches, canned, in 100% fruit juice	212 grams

### 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

---

1 Servings	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
Calories from Fat	25
<b>Total Fat</b>	3 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
<b>Cholesterol</b>	5 mg
<b>Sodium</b>	100 mg
<b>Total Carbohydrate</b>	39 g
Dietary Fiber	3 g
Total Sugars	21 g
Includes 6g Added Sugars	
<b>Protein</b>	11 g
Vitamin D	0 %
Calcium	30 %
Iron	6 %
Potassium	494 mg
Phosphorus	0 mg