

OVERNIGHT OATS

Oats are a whole-grain that check off quite a few boxes in terms of being heart- healthy.

ALL YOU NEED:

- 1 (5.3 oz) container Hy-Vee plain Greek yogurt
- $\frac{2}{3}$ c. Hy-Vee old-fashioned rolled oats
- $\frac{2}{3}$ c. Hy-Vee skim milk
- $\frac{1}{2}$ c. chopped, sliced fruit or pecans
- 2 tbsp packed Hy-Vee brown sugar
- Additional fruit or pecans for garnish



ALL YOU DO:

1. In a medium bowl, combine yogurt, oats, milk, fruit or pecans and brown sugar.
2. Transfer to a pint jar or two half-pint jars. Cover and refrigerate overnight or up to 3 days.
3. To serve, remove jar lids and, if desired, top with additional fruit or pecans.

NUTRITION FACTS PER SERVING: SERVES 2

Calories: 250, Protein: 15g, Carbohydrate: 43g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 75mg, Dietary Fiber: 4g, Sugar: 24g, Fat: 2g, Trans fats: 0g

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