



BASIC OVERNIGHT OATS WITH BLUEBERRY LEMON TOPPING

BASIC OVERNIGHT OATS

ingredients:

2/3 cup old-fashioned oats
1/2 cup fat-free milk
1/3 cup fat-free Greek yogurt
1 teaspoon chia seeds

directions:

Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight. Toppings can be added the night before or just before serving. Stir to combine.

BLUEBERRY LEMON TOPPING

ingredients:

1/2 cup blueberries
1 Tablespoon lemon juice
1 teaspoon lemon zest
1/2 teaspoon vanilla extract

Yield: 1 serving

Nutrition Information Per Serving:

362 Calories
6 grams Fat
0.4 grams Saturated Fat
4 mg Cholesterol
126 mg Sodium
58 grams Carbohydrates
9 grams Fiber
22 grams Protein

Food exchanges:

1/2 protein, 1 dairy, 1 fruit,
2 starch, 1 fat



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