

Health Tip of the Month

Overnight Oats



No time to make breakfast in the morning?

Mix the ingredients the night before, refrigerate, and in the morning you will have a creamy, hearty and nutritious breakfast that requires no cooking! Overnight oats will keep in the fridge for up to 5 days.

- Oats has fiber and protein to keep you full.
- Oats are high in vitamin A, D, B12, and minerals
- Oats can help lower cholesterol, risk of heart disease, and control diabetes.

Blueberry Rolled Oats

- ½ cup of uncooked old-fashioned oats
- ½ cup non-fat milk
- ¼ cup non-fat Greek yogurt
- 1 cup of fresh or frozen blueberries

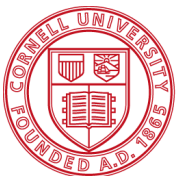


1. Mix up all the ingredients, cover it, and leave it in the fridge overnight.
2. In the next morning, stir the oats and add fresh blueberries and a drizzle of honey!

Try endless varieties of overnight oats:

Add pineapple, banana, nuts, seeds or spices.

Use coconut milk, almond milk, or soy yogurt.



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