

BERRY OVERNIGHT OATS

INGREDIENTS

1/2 CUP LOW-FAT MILK

1/4 CUP FAT FREE VANILLA GREEK YOGURT

1 PACKET SUGAR SUBSTITUTE

1/4 TEASPOON CINNAMON

1/4 TEASPOON VANILLA EXTRACT

1/2 CUP UNCOOKED OATS

1/4 CUP FROZEN BERRIES

DIRECTIONS

1. COMBINE MILK, YOGURT, SUGAR SUBSTITUTE, CINNAMON AND VANILLA EXTRACT IN A CONTAINER OR JAR WITH A LID.
2. ADD OATS AND MIX WELL. FOLD IN BERRIES.
3. COVER AND REFRIGERATE 8 HOURS TO OVERNIGHT.
4. ENJOY COLD OR HEAT TO EAT

