

Overnight Oatmeal

- **Makes:** 2 servings
- **Prep Time:** Overnight + 10-15 minutes
- **Cook Time:** 10–15 minutes



Ingredients

1 cup dry oatmeal

2 ½ cups water

½ cup dried fruit (raisins, cranberries, or apricots)

¼ cup walnuts, lightly chopped (or pecans)

Directions

1. Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator.
2. In the morning, put on a stove burner and cook on medium heat until simmering, then turn on low and heat for 10–15 minutes more or less, depending on type of oats: quick (5 minutes), regular, or steel cut.
3. Serve warm with a little milk (or milk alternative), a drizzle of maple syrup, and a side of fresh fruit, if desired.

Nutritional Information

Serving Size: 1 half of recipe

Calories: 333

Total fat: 13 grams

Saturated fat: 2 grams

Cholesterol: 0 milligrams

Sodium: 27 milligrams

Carbohydrates: 50 grams

Dietary fiber: 7 grams

Total sugars: 17 grams

Added sugars: 0 grams

Protein: 8 grams

Potassium: 470 milligrams

Warning: this recipe contains nuts.

Source: Lake Family Resource Center. Be-Fresh Program. Overnight oatmeal. MyPlate Kitchen.

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