

# Blueberry Overnight Oats

Source: Gwinnett County Public Schools Nutrition Program



Ingredients	Measure	Directions
Breakfast Oatmeal, Uncooked	54 oz.	<ol style="list-style-type: none"> <li>1. In a large mixing bowl- combine oats, brown sugar and cinnamon.</li> <li>2. Add milk and yogurt, combine.</li> <li>3. Portion mixture into 12 oz. cups – ¾ C oats per each</li> <li>4. Top with ¼ C blueberries.</li> <li>5. Cover and refrigerate overnight.</li> <li>6. Serve. Optional- garnish with brown sugar.</li> </ol>
Vanilla Yogurt	250 oz.	
2% Milk	74 fl. oz.	
Brown Sugar	40 oz.	
Cinnamon, ground	2.25 oz.	
Blueberries, frozen- thawed before use, excess liquid discarded	90 oz.	

Serving Size	1 Serving Provides	Yield
1 serving = 1 parfait	1 oz eq grain, 1/4 cup fruit	50

Nutrients Per Serving		
Calories 358	Saturated Fat 2.3 g	Iron 2 mg
Protein 14.1 g	Cholesterol 12 mg	Calcium 361 mg
Carbohydrate 63.6 g	Vitamin D 0 mcg	Sodium 129 mg
Total Fat 4.9 g	Total Sugars 39.4 g	Potassium 543 mg