

Overnight Oats

Serving Size: ½ Cup | Servings per Recipe: 2 | Diabetes Friendly



INGREDIENTS

- 1 cup whole oats
- 1 cup milk (any kind)
- 1 teaspoon sweetener (sugar, honey, or maple syrup)
- ¼ teaspoon cinnamon
- Optional toppings: nut butter, fruit (fresh, dried, or canned), nuts, or seeds

DIRECTIONS

- In two small containers, add equal amounts of oats, milk, sweetener, and cinnamon.
- Stir until everything is well mixed.
- Cover the containers and place them in the refrigerator overnight.
- In the morning, stir and add your favorite toppings if you'd like.



Calories per serving: 180 | 5 g total fat | 30 g total carbohydrates | 40 mg sodium | 8 g protein