

RECIPE

Mixed Berry Overnight Oatmeal Breakfast Parfait

1 serving

Ingredients

For the Base:

- 1/4 cup of old fashioned oats
- 1/4 cup low fat or skim milk
- 1/4 teaspoon vanilla extract
- A dash of ground cinnamon
- 1 teaspoon chia seeds

For the Mixed Berry Oatmeal parfait:

- 1/2 cup of vanilla low fat Greek yogurt
- 1/2 cup of diced strawberries
- 1/2 cup blueberries
- 1 tablespoon chopped pecans, garnish

Directions

- 1. For the base:** The night before you want to make your oatmeal, add these ingredients to a bowl, cover and refrigerate overnight.
- 2. For the parfait:** In the morning, in tall glass or cup, layer the ingredients starting with 1/4 cup of each yogurt, strawberries, blueberries, oatmeal. Repeat again ending with oatmeal and sprinkle with pecans.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
263	8	0	39	11	8	42