Recipe of the Month – February 2020

Overnight Oats
Serves 1
Serving Size: 1 container
Cost per Serving: $.58

Ingredients: (Pumpkin Variety)
⅓ cup old fashioned or quick cooking oats
⅓ cup pumpkin puree
⅓ cup nonfat milk
½ teaspoon cinnamon
2 teaspoons packed brown sugar

Directions:
1. Pour all ingredients into a small container (1 – 2 cup size) with a lid that fits tight.
2. Stir until all ingredients are combined.
3. Seal container with a lid. Store in the refrigerator overnight.
4. Serve for breakfast in the morning with chopped fruit or nuts, if desired.

Tips:
• Add 1 teaspoon chia seeds.
• Use any type of milk desired.

Nutrition Facts per Serving: (Pumpkin Variety) 190 calories, 2.5g total Fat (.5g sat. fat), 0mg. Cholesterol, 40mg Sodium, 39g Carbohydrates, 6g Fiber, 16g Sugar, 7g Protein

(Peanut Butter Variety)
½ cup old fashioned or quick oats
2 Tablespoons peanut butter
⅓ cup nonfat milk
½ teaspoon vanilla extract
1 teaspoon honey

(Yogurt Variety)
½ cup old fashioned or quick oats
1 container (6 oz.) nonfat yogurt (any)
⅓ cup nonfat milk

Recipe compliments of Iowa State University Extension and Outreach: Healthy & Homemade 2020 Nutrition & Fitness Calendar

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