

Recipe of the Month – February 2020

Overnight Oats

Serves 1

Serving Size: 1 container

Cost per Serving: \$.58

Ingredients: (Pumpkin Variety)

- 1/3 cup old fashioned or quick cooking oats
- 1/3 cup pumpkin puree
- 1/3 cup nonfat milk
- 1/2 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)

- 1/3 cup old fashioned or quick oats
- 2 Tablespoons peanut butter
- 1/3 cup nonfat milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

(Yogurt Variety)

- 1/3 cup old fashioned or quick oats
- 1 container (6 oz.) nonfat yogurt (any)
- 1/3 cup nonfat milk

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



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