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Your Health Promotion Partner

Blueberry Maple Refrigerator Oatmeal

Easy, no-cook oatmeal with make-ahead convenience; packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast.

Ingredients:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

Instructions

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 215 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

Recipe adapted from The Yummy Life.