

Cinnamon Vanilla Overnight Oats

1 Serving • 1 Serving = 1 Bowl



INGREDIENTS

- ½ cup old fashioned oats, uncooked
- ½ cup low-fat or nonfat milk
- ¾ teaspoon honey
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon vanilla extract
- Optional: berries, nuts, seeds

DIRECTIONS

1. Add all ingredients to a small bowl, jar, or sealed container. Mix well to combine.
2. Cover and refrigerate overnight.

Nutrition Facts

1 servings per container	
Serving size	1 bowl
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 176mg	15%
Iron 2mg	10%
Potassium 338mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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