



# Peaches & Cream Overnight Oats

3 Servings • 1 Serving = ¾ Cup

## Tips on Oats



### How To Store

Unopened dry oatmeal should be stored in a cool, clean & dry place.



### How To Use

Use in baked goods, pancakes & burgers or top with fruit.



### Health Benefits

Lowers blood sugar, promotes health cholesterol levels & heart health.

## INGREDIENTS

- 1 cup old fashioned oats
- 1 cup low-fat plain kefir or coconut milk
- 1 cup fresh, frozen, or canned peaches, sliced
- 1 teaspoon brown sugar
- 1 teaspoon ground cinnamon

## DIRECTIONS

- Using a bowl or mason jar, layer the ingredients in the following order; oatmeal, kefir or coconut milk, ½ cup peaches, brown sugar, and cinnamon.
- Stir in the ingredients until combined. Cover and chill in the refrigerator overnight.
- Before serving, garnish with the remainder of the peaches and a sprinkle of cinnamon.

| Nutrition Facts   |                     |
|---|---------------------|
| 3 servings per container  |                     |
| <b>Serving size</b>   | <b>¾ cup (160g)</b> |
| <b>Amount per serving</b>   |                     |
| <b>Calories</b>   | <b>170</b>          |
| <b>% Daily Value*</b>   |                     |
| <b>Total Fat</b> 3g   | <b>4%</b>           |
| Saturated Fat 1g  | <b>5%</b>           |
| Trans Fat 0g  |                     |
| <b>Cholesterol</b> 5mg  | <b>2%</b>           |
| <b>Sodium</b> 55mg  | <b>2%</b>           |
| <b>Total Carbohydrate</b> 31g   | <b>11%</b>          |
| Dietary Fiber 4g  | <b>14%</b>          |
| Total Sugars 12g  |                     |
| Includes 1g Added Sugars  | <b>2%</b>           |
| <b>Protein</b> 8g   |                     |
| <b>Vitamin D</b> 0mcg   | <b>0%</b>           |
| <b>Calcium</b> 161mg  | <b>10%</b>          |
| <b>Iron</b> 1mg   | <b>6%</b>           |
| <b>Potassium</b> 393mg  | <b>8%</b>           |
| *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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