

# Overnight Oatmeal

**Makes:** 2 Servings

## Ingredients

**1 cup** dry oatmeal

**2 1/2 cups** water

**1/2 cup** dried fruit (raisins, cranberries or apricots)

**1/4 cup** walnuts, lightly chopped (or pecans)

## Directions

1. Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator.
2. In the morning, put on a stove burner and cook on medium heat until simmering, then turn on low and heat for 10-15 minutes more or less depending on type of oats, quick (5 mins), regular, or steel cut.
3. Serve warm with a little milk (or milk alternative), a drizzle of maple syrup, and a side of fresh fruit, if desired.

## Notes

1/2 cup raisins and 1/4 cup walnuts used in nutrient analysis and costing.

**Source:** Lake Family Resource Center. Be-Fresh Program.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>345</b>
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>17 mg</b>
<b>Total Carbohydrate</b>	<b>54 g</b>
Dietary Fiber	7 g
Total Sugars	20 g
Added Sugars included	6 g
<b>Protein</b>	<b>8 g</b>
Vitamin D	0 IU
Calcium	57 mg
Iron	3 mg
Potassium	421 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	1/2 cup
 Grains	1 1/2 ounces
 Protein Foods	1 ounce