

Overnight OATS

- ½ cup (50 g) rolled oats
- ½ cup (120 ml) milk
- ¼ cup (60 ml) plain or flavored yogurt
- Honey or other sweetener
- Toppings (nuts, fruits, chocolate chips, cinnamon, etc.)

1. Pour the rolled oats into a jar or other container with a lid. Add yogurt. Pour milk over the top and mix well.



2. Close the container and place in the refrigerator overnight (or at least two hours).



3. Add honey, then stir the oats and add whatever toppings you'd like!



Be sure to get an adult's help!

Remember

Heavenly Father wants us to take care of our bodies by eating healthy foods (see Doctrine and Covenants 89).

Healthy Tip

Oats are a great source of fiber. Fiber helps keep you full. You can get more fiber by eating plenty of whole grains, beans, and fruits.