

Living Well with Diabetes

Overnight Oats with Blueberries

Makes 1 serving

Ingredients

1/3 cup rolled oats 1/3 cup plain low-fat yogurt

1/3 cup low-fat milk

1/3 cup blueberries

Equipment Needed
Measuring cups
Measuring spoons
12 ounce jar with lid

Optional Ingredients

½ teaspoon vanilla extract 1 teaspoon Chia seeds Sweetener to taste

Directions

- 1. Combine in a 12oz jar with a lid.
- 2. Let sit in the refrigerator overnight.
- 3. Grab and go!

Nutrition information per serving

Serving size 1 jar

Calories 220
Total fat 4g
Saturated fat 1.5g
Cholesterol 10mg
Sodium 95mg
Carbohydrate 35g
Fiber 4g
Protein 11g

Credit: Joslin Diabetes Center

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.