



Kids in the Kitchen with Keli

Overnight Oats

Recipe adapted from: <https://www.chopchopfamily.org/recipe/any-berry-overnight-oatmeal>

Equipment needed:

Measuring cups

Measuring spoons

Jar with tight fitting lid

Ingredients:

1/3 cup old-fashioned or quick-cooking oats

1/3 cup plain yogurt (or plain Greek yogurt)

1/3 cup milk (can use soy or almond milk also)

2 T fresh or frozen fruit

½ honey

1 T Additional add-ins:

Dried fruit (raisins, Craisins, etc...)

Chocolate chips

Granola

Spices such as cinnamon

Vanilla extract

Chopped nuts (do not add if allergic to nuts)
(pecans, almonds, walnuts, etc...)

Instructions:

1. Put all ingredients in the jar.
2. Screw top on tightly.
3. Shake well.
4. Refrigerate overnight.
5. Eat cold or heat for 30 seconds at a time in microwave until desired temperature.