



Overnight Oatmeal

SERVES 4 This affordable, healthy breakfast provides protein, whole grains and fruit to help you start your morning right. The twist is that it virtually prepares itself while you're sleeping — simply serve in the morning, straight from the fridge or warmed if you prefer.

- 2 cups rolled oats (not instant or quick cooking)
- 2 cups unsweetened almond, soy or nonfat milk
- 1 teaspoon grated lemon zest
- ¼ cup chopped pecans, walnuts or almonds
- ¼ cup dried fruit, chopped

Combine oats, milk and zest in a bowl, cover and refrigerate overnight. The next morning, scoop oatmeal into bowls and top with nuts and dried fruit.

NUTRITION

Per serving (about 6 oz/170g-wt.): 250 calories (80 from fat), 9g total fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 35g total carbohydrate (6g dietary fiber, 5g sugar), 8g protein



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