



# OVERNIGHT OATS (FLEXIBLE & FAMILY-FRIENDLY)

## Cost-Saving Swaps

- Use store-brand oats and yogurt.
- Use water instead of milk if needed.
- Use frozen fruit to reduce waste.
- “Use what you have.”



PREP TIME  
5-10 MIN



SERVINGS  
1 BOWL

## Flavor Choices

### 1. Tropical Version

- Cup of mango or pineapple (fresh or frozen)
- 1 tablespoon shredded coconut
- Dash vanilla
- Top with 6 almonds and 1 tsp of shredded coconut in the morning

### 2. Blueberry Boost

- Cup of blueberries (fresh or frozen)
- 1 additional teaspoon of chia seeds (use if you have it)
- Top with 6 favorite nuts, a sprinkle of cinnamon & drizzle with honey in the morning

### 3. Gluten-Free Version

- Cup of certified gluten-free oats
- Cup of water or milk (dairy or plant-based)
- Cup of plain yogurt (Greek or regular; optional for protein)
- 1 tablespoon almond butter or peanut butter
- Cup of seasonal fruit (fresh or frozen strawberries, bananas, blueberries, etc.)

## Ingredients

- Cup of store-brand rolled oats
- Cup of milk (dairy or plant-based)
- Cup of plain yogurt (Greek or regular; WIC-approved if available)
- 1 teaspoon chia seeds (use if you have it)
- Place all ingredients into a container or mason jar, mix well, and cover with a lid or plastic wrap. Refrigerate for at least 5 hours or overnight. Store in the refrigerator for up to 3–5 days. Add toppings the night before or right before serving.

## MyPlate Balance

Whole Grains: Oats

Fruit: Fresh or frozen fruit

Dairy/Protein: Yogurt

Healthy Fats: Chia seeds (optional)

Use if you have it — chia adds fiber, omega-3s, and a boost of plant-based complete protein.

