

NO-COOK OVERNIGHT BLUEBERRY-ALMOND OATMEAL



Ingredients

- 1 Cup Rolled Oats
- 1 Cup Low-Fat Milk
- 2 Cups Fresh Blueberries
- 1 Tablespoon Brown Sugar
- 1 Teaspoon Vanilla Extract
- ¼ Cup Sliced Almonds

Directions

1. Mix all ingredients except almonds in a large bowl.
2. Cover and refrigerate overnight.
3. Garnish with almonds to serve.

Crediting

Provides a Grain/Bread and Fruit at Breakfast.

Toddler
¾ Cup

Preschool
¾ Cup

School Age
1½ Cups

Adult
2 Cups