



# OVERNIGHT HEARTY OATMEAL BREAKFAST

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**PREP. TIME:** 5 mins

**REFRIGERATION TIME:** 8 hrs

**YIELDS:** 2

## INGREDIENTS

- 1 cup (250 mL) milk
- 1 cup (250 mL) plain yogurt
- ¼ tsp (1 mL) vanilla extract
- 1 tbsp (15 mL) natural peanut butter
- 2 tsp (10 mL) honey
- 1 ripe banana, mashed
- 1 cup (250 mL) large flake oats
- 1 cup (250 mL) fresh mixed berries (blueberries, raspberries and blackberries)

## INSTRUCTIONS

### STEP 1

In a medium sized bowl, mix together milk, yogurt, vanilla, peanut butter, honey, banana, and oats until well blended.

### STEP 2

Split in two and pour in two separate Mason jars. Top each jar with ½ cup (125 mL) mixed berries. Refrigerate for at least 8 hours. Enjoy!

### TIPS

This recipe can be served warm as well. To enjoy hot, microwave for 1 minute with Mason jar lid off.

Find all 10 feature recipes at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca)



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