SERVING SIZE: 3/4 cup

1 oz eq grain, 1oz eq m/ma (½ cup fruit if added)

**OVERNIGHT OATS adapted from a General Mills recipe**

**BREAKFAST**

YEILD: 32 Servings

**Ingredients and Instructions**

**Milk 9 Cups**

**Rolled Oats, old fashioned 2 pound**

**Yogurt 1 Gallon**

**Assorted Fruits**

**Assorted Nut/Seed Butters**

**1. Combine first 3 ingredients together, stirring well.**

**2. Place in a storage container and refrigerate overnight or for at least 5 hours**

**3. In the morning add liquid if needed to reach the desired consistency.**

**4. Portion out into ¾ cup servings. Top with fruits or nut/seed butters and enjoy**