



Raspberry Almond Overnight Oats

1 Serving • 1 Serving = 1 Bowl

INGREDIENTS

- ½ cup old fashioned oats, uncooked
- ½ cup low-fat or nonfat milk
- 1 teaspoon honey
- 1/8 teaspoon almond extract
- ½ cup fresh or frozen raspberries
- 1 Tablespoon almonds, slivered, sliced, or chopped

DIRECTIONS

1. Add oats, milk, honey, and almond extract to a small bowl, jar, or sealed container. Mix well to combine.
2. Cover and refrigerate overnight.
3. Top with raspberries and almonds.

Nutrition Facts	
1 servings per container	
Serving size	1 Bowl
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 6g Added Sugars	12%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 198mg	15%
Iron 2mg	10%
Potassium 379mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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