

Overnight Oats

3 Servings • 1 Serving = ¾ Cup

Tips on Oats



How To Store

Unopened dry oatmeal should be stored in a cool, clean & dry place.



How To Use

Use in baked goods, pancakes & burgers or top with fruit.



Health Benefits

Lowers blood sugar, promotes health cholesterol levels & heart health.

INGREDIENTS

- 1 cup old fashioned oats
- 1 cup low-fat plain kefir or coconut milk
- 1 cup fresh, frozen, or canned fruit of your choice, sliced
- 1 teaspoon brown sugar
- 1 teaspoon ground cinnamon
- Optional: 1 teaspoon of seed or nut of your choice

DIRECTIONS

1. Using a bowl or mason jar, layer the ingredients in the following order; oatmeal, kefir or coconut milk, ½ cup chopped fruit, brown sugar, and cinnamon.
2. Stir in the ingredients until combined. Cover and chill in the refrigerator overnight.
3. Before serving, garnish with the remainder of the fruit and a sprinkle of cinnamon.
4. Opcional: cubre con la semilla o nuez de tu elección.

Nutrition Facts

3 servings per container
Serving size ¾ Cup (172g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 1.4mg	8%
Potassium 470mg	10%

*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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.

Avena nocturna

3 Porciones • 1 Porción = ¾ Taza

Consejos sobre la Avena



Como Almacenar

La avena seca sin abrir debe almacenarse en un lugar fresco, limpio y seco.



Como Usar

Úselo en productos horneados, panqueques y hamburguesas o cubra con fruta.



Beneficios para la Salud

Reduce el azúcar en sangre, promueve niveles saludables de colesterol y la salud del corazón.

INGREDIENTES

- 1 taza de avena tradicional
- 1 taza de kéfir natural bajo en grasa o leche de coco
- 1 taza de fruta fresca, congelada o enlatada de tu elección, cortada en rodajas
- 1 cucharadita de azúcar moreno
- 1 cucharadita de canela en polvo
- Opcional: 1 cucharadita de semillas o nuez de tu elección

PREPARACIÓN

1. Usando un recipiente o frasco de vidrio, coloque los ingredientes en capas en el siguiente orden; avena, kéfir o leche de coco, ½ taza de duraznos, azúcar moreno y canela.
2. Agregue los ingredientes hasta que estén combinados. Cubra y enfríe en el refrigerador durante la noche.
3. Antes de servir decorar con el resto de los melocotones y una pizca de canela.

Nutrition Facts

3 servings per container
Serving size ¾ Cup (172g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 1.4mg	8%
Potassium 470mg	10%

*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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

Esta institución es un proveedor de igualdad de oportunidades.