



Bone Healthy Overnight Oats

Ingredients

2 cups oats, dry
2 cups 1% milk
½ cup applesauce, unsweetened
½ nonfat Greek yogurt
¼ cup Sunsweet® Amaz!n™ Prunes, diced
¼ walnuts, chopped
1 Tbsp vanilla extract
1 tsp cinnamon powder
¼ tsp sea salt

Instructions

Put all ingredients in a storage container. Mix together and let it sit overnight for at least 6 hours. Stir before each use.

Recipe created by Manuel Villacorta, RD

Nutritional Information

Total Servings 6
Serving Size 2/3 cup
Fat 5.9g
Sodium 140.1mg
Carbohydrates 27.2g
Fiber 3.9g
Protein 8.7g