

Overnight Muesli

INGREDIENTS

2 cups rolled oats
1/4 cup raisins
1/4 cup pumpkin seeds
1 tbsp ground flax seeds
1 cup plain 2% Greek yogurt
1 cup skim milk
1 cup mixed berries

DIRECTIONS

In a large bowl, mix together oats, raisins and seeds. Add yogurt and milk. Stir to combine. Refrigerate overnight or for at least 1 hour. Divide into 4 bowls. Top with berries.



Makes 4 servings. Each:
275 calories • 14g protein •
4g fat • 48g carb • 7g fiber •
78mg sodium