

Berry Crush Overnight Oatmeal

5 SmartPoints per serving

Vegetarian / no cook

Yield/Serves: 1

INGREDIENTS

- 1/4 cup rolled oats
- 1/2 cup fat-free milk
- 1/4 cup fresh raspberries and
- 1/4 cup fresh blueberries
- 1/4 cup plain fat-free Greek Yogurt

INSTRUCTIONS

1. Stir together 1/4 cup rolled oats and 1/2 cup fat-free milk in storage container. Cover and refrigerate overnight
2. Combine 1/4 cup fresh raspberries and 1/4 cup fresh blueberries in small bowl and lightly crush, with fork.
3. Gently stir in 1/4 cup plain fat-free Greek Yogurt
4. Transfer oat mixture to bowl and top with berry mixture.

Nutrition information

- Per serving: (1-1/4 cups) 189 calories, 2g Total Fat, 0g Sat Fat, 73 mg Sod, 31 g Total Carbs, 13g Sugar, 5 g Fib, 13g Prot
Simply Filling / If you're counting 5 SmartPoints

Except from 'Eat the Food You Love' ... great cook book with 75 Simply Filling and SmartPoints recipes. Available at all Weight Watchers' stores.