

# Peanut Butter & Chocolate Overnight Oatmeal

4 servings

## Ingredients

- 1 cup Dannon® Plain Lowfat Yogurt
- ¼ cup low fat chocolate milk
- 2 Tbsp. creamy peanut butter
- 1 cup old-fashioned oats
- ½ cup sliced strawberries

## Directions

1. Combine the yogurt, chocolate milk, and peanut butter in a small bowl. Stir well.
2. Stir in the oats.
3. Divide mixture among four small containers. Cover and refrigerate overnight.
4. Top with the sliced strawberries just before serving.

**Nutrition Facts:** Serving Size (121g), Servings per Container 4, Calories 170. Calories from Fat 60, **Total Fat** 7g (11% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 2.5g, **Cholesterol** 5mg (2% DV), **Sodium** 80mg (3% DV), **Total Carbohydrate** 22g (7% DV), Dietary Fiber 3g (12% DV), Sugars 8g, **Protein** 8g, Vitamin A 0%, Vitamin C 20%, Calcium 15%, Iron 5%. Percent Daily Values are based on a 2,000 calorie diet.

## Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern:** calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

**Live cultures in yogurt** may help with lactose digestion for individuals who have difficulty digesting lactose

## Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

