



# Peaches and Cream Overnight Oats

3 Servings • 1 Serving = ⅓ Cup

## INGREDIENTS

- 1 cup old fashioned oats
- 1 cup low-fat plain kefir or coconut milk
- 1 cup fresh, frozen, or canned peaches, sliced
- 1 teaspoon brown sugar
- 1 teaspoon ground cinnamon

## DIRECTIONS

1. Using a bowl or mason jar, layer the ingredients in the following order; oatmeal, kefir or coconut milk, ⅓ cup peaches, brown sugar, and cinnamon.
2. Stir the ingredients until combined. Cover and chill in the refrigerator overnight.
3. Before serving, garnish with the remainder of the peaches and a sprinkle of cinnamon.

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 8g	
Vitamin D 0mg	0%
Calcium 158mg	10%
Iron 1mg	6%
Potassium 391mg	8%

\*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.

Recipe developed by the San Antonio Food Bank



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