





United States Department of Agriculture

KIWI OVERNIGHT OATS

Yields 1 servings

Prep Time: 10 minutes

½ cup oats

½ cup low-fat milk

¼ cup plain yogurt

2 teaspoons of honey

2 kiwi, peeled and diced

1. In a container of your choice, mix the oats, milk, honey, and half of the diced kiwi. Top with 1/8 cup plain yogurt.

2. Repeat layers, ending with fruit topped yogurt. Refrigerate several hours or overnight.

Recipe adapted from ©Food.com

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