

## MANDARIN OVERNIGHT OATS

**Prep Time:** 5 minutes

**Total Time:** 6 hours, or overnight

**Included in Box:**

- ½ c. oats, uncooked
- ½ c. 1% milk
- ½ c. canned mandarin oranges, drained

**Additional Ingredients Needed:**

- 1 tsp vanilla extract

**Directions:**

1. Add milk and vanilla extract in small bowl, jar or sealable container; mix to combine.
2. Add oats; mix well. Top off container with mandarin oranges.
3. Cover and refrigerate overnight (or at least 6 hours). Serve cold or warm in microwave for 30-60 seconds.

**Tip:** Replace half the milk with non-fat plain Greek yogurt for more protein.



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 1 ½ c.  
**Calories:** 303  
**Fat:** 4 g  
**Sodium:** 64 mg  
**Carbohydrates:** 54 g  
**Fiber:** 5 g  
**Protein:** 10 g  
**Carbohydrate Servings:** 3 ½

*\*Nutrient facts include dry instant oats, 1% milk, canned mandarin oranges in light syrup, and vanilla extract.*