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

USDA is an equal opportunity employer, provider, and lender.