



VITAL CUISINE® Overnight Oats





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INGREDIENTS

1 Servings

1/4 cup diced peaches fresh, frozen & thawed, or canned & drained

1/3 cup oats

2 (8 g) packets Item: 15309

or

2 scoops **VITAL CUISINE® PROPASS® Whey Protein Supplement** Item: 13126

1/4 cup peach Greek yogurt

3 Tbsp **VITAL CUISINE® 500 Vanilla Shake** Item: 72504

or

VITAL CUISINE® Vanilla Shake Mix Item: 28289, prepared with whole milk

1/8 tsp vanilla

Dash cinnamon

Dash nutmeg

NUTRITION

Using **VITAL CUISINE® 500 Shake**

Serving Size: 1 cup

Calories: 350

Total Fat: 7g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 45mg

Sodium: 140mg

Total Carbs: 48g

Dietary Fiber: 4g

Total Sugars: 20g

Added Sugars: 4g

Protein: 25g

Vitamin D: 0% DV

Calcium: 20% DV

Iron: 6% DV

Potassium: 6% DV

DIRECTIONS

1. Combine all ingredients in a bowl or dish and stir well.
2. Cover and refrigerate overnight.
3. Serve with peach slices and granola or sliced almonds.

Using **VITAL CUISINE® Shake Mix** prepared with whole milk

Serving Size: 1 cup

Calories: 310

Total Fat: 4.5g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 50mg

Sodium: 105mg

Total Carbs: 45g

Dietary Fiber: 4g

Total Sugars: 22g

Added Sugars: 4g

Protein: 23g

Vitamin D: 4% DV

Calcium: 20% DV

Iron: 15% DV

Potassium: 6% DV