Ready Care
Apple Cranberry
Overnight Oats





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1 Serving

INGREDIENTS

	i Serving
ReadyCare® Fiber Cranberry Cocktail Item: 2849	1 (4 fl oz) container
Oats	½ cup
Cinnamon	1/4 tsp
Flax seed meal	1 Tbsp
Greek yogurt	⅓ cup
Apple, peeled, cored and diced	1, small

DIRECTIONS

- 1. Combine oats, cinnamon, flax meal, yogurt and cranberry cocktail in a bowl or dish and stir well.
- 2. Cover and refrigerate overnight.
- 3. Prior to serving, stir in diced apples and garnish with granola or sliced almonds.

NUTRITION

Serving Size: 1 cup

Calories: 400
Total Fat: 6g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 5mg
Sodium: 30mg
Total Carbs: 77g
Dietary Fiber: 15g
Total Sugars: 34g
Protein: 13g
Vitamin D: 0% DV
Calcium: 8% DV
Iron: 110% DV
Potassium: 10% DV

