Bone Healthy Overnight Oats

Ingredients
2 cups oats, dry
2 cups 1% milk
½ cup applesauce, unsweetened
½ nonfat Greek yogurt
¼ cup Sunsweet® Amaz!n™ Prunes, diced
¼ walnuts, chopped
1 Tbsp vanilla extract
1 tsp cinnamon powder
¼ tsp sea salt

Instructions
Put all ingredients in a storage container. Mix together and let it sit overnight for at least 6 hours. Stir before each use.

Recipe created by Manuel Villacorta, RD

Nutritional Information
• Total Servings 6
• Serving Size 2/3 cup
• Fat 5.9g
• Sodium 140.1mg
• Carbohydrates 27.2g
• Fiber 3.9g
• Protein 8.7g