



Oatmeal Yogurt Breakfast Blend

Created by Jennifer Gross, Prairie Gold Dairy

Don't let the stress of holiday shopping and menu planning let you forget the most important meal of the day. Mix up a batch the night before in a portable container to grab-and-go for a morning of last minute errands. (This recipe also is a delicious yet nutritious morning breakfast for any overnight guests.)

Serves: 1

Prep time: 10 minutes

Ingredients:

- ½ cup old-fashioned oats
- ¾ cup plain nonfat yogurt
- ½ cup diced apple
- 2 tablespoons raisins
- 2 tablespoons sliced almonds
- 2 teaspoons brown sugar
- Dash of cinnamon

Preparation:

Mix all ingredients together and serve. For best taste results, prepare the night before and store in refrigerator.

Nutritional Facts:

Nutritional Facts Per Serving

Calories:	442
Total Fat:	9g
Saturated Fat:	1g
Cholesterol:	3mg
Sodium:	137mg
Carbohydrates:	77g
Dietary Fiber:	8g
Protein:	18g
Calcium	41% Daily Value

Cost/recipe:

\$1.81

Cost/serving:

\$1.81

**BANK
ON THE
BASICS**

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