



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## Overnight Oats

Makes 1 serving

### Ingredients:

16 fl oz mason jar with lid  
1/3 cup plain Greek yogurt  
1/3 cup rolled oats  
1/2 - 2/3 cup unsweetened milk (e.g. Almond milk)  
1-2 TBSP hemp seeds, chia seeds, or ground flaxseed  
1 cup berries (fresh or frozen)  
Cinnamon  
Vanilla extract

Optional: 1 tsp raw unfiltered honey or maple syrup, 1/2 - 1 scoop protein powder

*\*For Banana Chocolate Chip: add 1/2 ripe mashed/chopped banana + 2 TBSP chocolate chips*

*\*For Chocolate Peanut Butter: do not add berries, add 2 TBSP natural peanut butter + 2 TBSP unsweetened cocoa powder*



### Directions:

1. Combine all ingredients in mason jar. Mix until well combined. Store in fridge for 4 hours or overnight.

### Nutrition Tips:

1. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.
2. Instant flavored oatmeal is often filled with added sugars, salt and food additives to enhance flavor and shelf life. Compared to instant flavored oatmeal, plain old-fashioned oats and steel cut oats are more nutritious choices as they contain no added sugar, more protein and more fiber.
3. Consider removing the additives and embracing a more nutritious means of flavoring/sweetening plain oatmeal by adding a cup of whole fruit (fresh or frozen) and a tsp of honey, which combined add fiber, vitamins, and minerals.

### Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.