



BREAKFAST | PEAK SEASON: Summer

Overnight Oats

Recipe by: Kiandra Call

Make it once, enjoy it all week!
These overnight oats are a quick, healthy way to fuel your morning and support blood sugar balance.

Nutritional Info

- Calories: 340
- Carbohydrates: 35g
- Fiber: 11g
- Sugars: 8g (mostly natural from fruit)
- Protein: 12g
- Fat: 15g
- Saturated Fat: 2g
- Sodium: 100–150mg (varies by milk and yogurt choice)

Ingredients

- ½ cup old-fashioned rolled oats
- ½ cup unsweetened almond milk (or milk of choice)
- ¼ cup plain Greek yogurt (adds protein and creaminess)
- ¼ cup diced fresh peaches
- ¼ cup fresh blackberries
- 1 Tbsp chia seeds or ground flaxseed (fiber + omega-3)
- 1 Tbsp chopped nuts (walnuts, almonds, or pecans)
- ½ tsp cinnamon (supports blood sugar control)
- ¼ tsp vanilla extract (optional)
- Sweetener to taste: stevia, monk fruit, or a touch of honey (optional and in moderation)

Instructions

- In a mason jar or container, mix oats, milk, yogurt, chia (or flax), cinnamon, and vanilla.
- Stir in diced peaches and blackberries.
- Top with nuts.
- Cover and refrigerate overnight (or at least 4 hours).
- In the morning, stir and enjoy cold or warm it up if preferred.

Optional Add-Ins for Blood Sugar Balance:

- Protein boost: 1 scoop vanilla protein powder (unsweetened/low carb)
- Extra fiber: 1 Tbsp psyllium husk (helps with satiety and glucose control)
- Healthy fat: 1 Tbsp nut butter (almond, peanut, or cashew)

Additional Info

- High in fiber from oats, berries, chia/flax, and nuts
- Balanced with protein (yogurt + nuts) and healthy fats
- Cinnamon may help improve insulin sensitivity
- Low added sugar – naturally sweet from fruit
- Feel free to play with different flavors and toppings!
This is a great “no recipe” recipe to have on hand.

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