

Easy Berry Recipes

1. Overnight Oatmeal

Ingredients

- 1 cup old-fashioned rolled oats (raw)
- 1 cup low-fat yogurt
- ½ cup non-fat or 1% milk
- ½ cup berries, fresh or frozen
- ½ cup chopped apple

Directions

1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes, or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

Yield: 4 servings, almost 1 cup each

Prep time: 15 minutes

Chill Time: 6-12 hours

Quick Ways to Use Berries

- Add berries to cold cereal or hot whole-grain cereal like oatmeal.
- Fold berries into bread, muffin, or pancake batter.
- Top green salads with berries.
- Eat fresh or frozen berries as a snack.

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2. Super Sundae

Ingredients

- 1 cup vanilla low-fat yogurt
- ¾ cup canned chopped peaches
- ¾ cup fresh or frozen blueberries
- 2 tablespoons granola

Directions

1. Divide yogurt between 2 glasses, cups or bowls. Clear glass works well.
2. Spoon half of the peaches and blueberries on top of each serving.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2 hours.

Notes

- Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.
- Try different flavors of yogurt, like lemon or strawberry.

Yield: 2 servings, 1 cup each

Prep time: 5 minutes