

OVERNIGHT OATS

Serves: 4

Ingredients:

- 1 cup rolled oats
- 8 dried apricots, sliced thinly
- 2 tablespoons slivered almonds, toasted
- 2 tablespoons raisins
- 2 tablespoons dried cranberries
- 1/2 teaspoon ground cinnamon
- 4 cups non-fat milk (may replace with almond or soy milk)

Directions

- Combine oats, apricots, almonds, raisins, cranberries and cinnamon in a large bowl and stir to combine
- Divide the mixture between 4 cereal bowls and pour over the milk, using 1 cup of milk per 1/2 cup of the oat mixture
- Refrigerate overnight

Serve cold, or heat up the cereal in the microwave for 60-75 seconds for a warm breakfast treat



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit DisneyMickeyCheck.com

ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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