



# BASIC OVERNIGHT OATS WITH MANGO HABANERO TOPPING

## BASIC OVERNIGHT OATS

### *ingredients:*

- 2/3 cup old-fashioned oats
- 1/2 cup fat-free milk
- 1/3 cup fat-free Greek yogurt
- 1 teaspoon chia seeds

### *directions:*

Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight. Toppings can be added the night before or just before serving. Stir to combine.

## MANGO HABANERO TOPPING

### *ingredients:*

- 1/2 cup mango, diced
- 1 teaspoon habanero pepper, seeded
- 1 teaspoon honey

Yield: 1 serving

### Nutrition Information Per Serving:

- 400 Calories
- 6 grams Fat
- 0.5 grams Saturated Fat
- 4 mg Cholesterol
- 127 mg Sodium
- 66 g Carbohydrates
- 7 grams Fiber
- 22 grams Protein

Food exchanges:

- 1/2 protein, 1 dairy, 1 fruit,  
2 1/2 starch, 1 fat



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