



# VITAL CUISINE® Overnight Oats





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## INGREDIENTS

### 1 Servings

.....  
1/4 cup diced peaches fresh, frozen & thawed, or canned & drained

.....  
1/3 cup oats

.....  
2 (8 g) packets Item: 15309

.....  
or

.....  
2 scoops **VITAL CUISINE® PROPASS® Whey Protein Supplement** Item: 13126

.....  
1/4 cup peach Greek yogurt

.....  
3 Tbsp **VITAL CUISINE® 500 Vanilla Shake** Item: 72504

.....  
or

.....  
**VITAL CUISINE® Vanilla Shake Mix** Item: 28289, prepared with whole milk

.....  
1/8 tsp vanilla

.....  
Dash cinnamon

.....  
Dash nutmeg

## NUTRITION

**Using VITAL CUISINE®  
500 Shake**

**Serving Size:** 1 cup

**Calories:** 350

**Total Fat:** 7g

**Saturated Fat:** 1g

**Trans Fat:** 0g

**Cholesterol:** 45mg

**Sodium:** 140mg

**Total Carbs:** 48g

**Dietary Fiber:** 4g

**Total Sugars:** 20g

**Added Sugars:** 4g

**Protein:** 25g

**Vitamin D:** 0% DV

**Calcium:** 20% DV

**Iron:** 6% DV

**Potassium:** 6% DV

## DIRECTIONS

1. Combine all ingredients in a bowl or dish and stir well.
2. Cover and refrigerate overnight.
3. Serve with peach slices and granola or sliced almonds.

**Using VITAL CUISINE®  
Shake Mix prepared  
with whole milk**

**Serving Size:** 1 cup

**Calories:** 310

**Total Fat:** 4.5g

**Saturated Fat:** 1g

**Trans Fat:** 0g

**Cholesterol:** 50mg

**Sodium:** 105mg

**Total Carbs:** 45g

**Dietary Fiber:** 4g

**Total Sugars:** 22g

**Added Sugars:** 4g

**Protein:** 23g

**Vitamin D:** 4% DV

**Calcium:** 20% DV

**Iron:** 15% DV

**Potassium:** 6% DV