

**January 2021**

**JANUARY - January is National Oatmeal Month** – Start the day with this delicious Overnight oat recipe or try this easy sweet treat that will keep you on track!

Health Benefits of Eating Oatmeal:

Oatmeal is nutritionally balanced packed with important vitamins, minerals and antioxidant plant compounds, and a good balance of fiber and protein.

They are rich in antioxidants, which can help lower blood pressure.

They contain large amounts of beta-glucan, a type of soluble fiber, which can help lower blood sugar, cholesterol levels and keep you feeling full.

#### Strawberry Cheesecake Overnight oats

½ old fashioned oats

½ cup unsweetened Vanilla almond milk

1 (5.3oz carton) *Dannon Light&Fit* strawberry cheesecake Greek yogurt

½ cup slice strawberries

Instructions – place all ingredients in a container and stir until well combined. Seal with a lid and place in the fridge overnight (or at least a couple hours). Stir before enjoying the next morning! TIP - You'll notice that the oats soak up a lot of the liquid so you may want to add a little more almond milk before serving. Top oats with additional chopped strawberries and serve.

Nutrition – 270 calories, 4g fat, 44g total carbs. 6g fiber, 18g protein

#### Healthy Banana Oatmeal Cookies

2 ripe bananas

1 cup rolled oats

1/3 cup semi-sweet chocolate chips

Dash of cinnamon

Instructions – mash banana well, add in oats and chocolate chips. Mix well. Spoon onto baking tray and bake at 350 degrees for about 12-15 minutes. Makes about 12-15 small cookies.

Nutrition – 35 calories, 1g fat, 6g carbs, 2g sugar