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Rhu-berry Overnight Oats

Oats:

- ½ cup rolled oats
- 2 tablespoons plain Greek yogurt
- ½ cup milk (cow, soy, almond, cashew, etc.)
- 1 teaspoon chia seeds
- 1 teaspoon hemp hearts
- 1 teaspoon vanilla extract

Fruit topping:

- ¼ cup fresh rhubarb, chopped
- 6 medium strawberries, chopped
- ½ cup milk (cow, soy, almond, cashew, etc)
- 1 tablespoon water
- 1 teaspoon honey

Nutrition Facts

1 servings

Calories	320
Total Fat	6g
Saturated Fat	1g
Cholesterol	5mg
Sodium	65mg
Total Carbohydrates	52g
Dietary Fiber	8g
Sugar	20g
Protein	15g

Directions

Combine all oatmeal ingredients in a jar or container with a lid; stir to combine. Refrigerate overnight.

The next morning, heat a small skillet over medium heat. Add chopped rhubarb, strawberries, and water. Cook 3–5 minutes, until fruit is softened and cooked down. Add honey, remove from heat. Add fruit to top of oatmeal; serve.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.