

Farm Market Recipe



Peach Pie Overnight Oats

Ingredients:

- 4 fresh peaches, peeled and chopped (3 cups)
- ¼ cup water
- 1 tablespoon light brown sugar
- 1 teaspoon ground cinnamon, divided
- ½ teaspoon salt, divided
- 2 cups old-fashioned rolled oats
- 1¾ cups reduced-fat milk
- 1 cup nonfat peach strained (Greek-style) yogurt
- 2 tablespoons chia seeds
- 2 tablespoons vanilla extract

Directions:

1. Place peaches, water, brown sugar, ½ teaspoon cinnamon and ¼ teaspoon salt in a medium saucepan. Cook, uncovered, over medium-low heat, stirring occasionally, until the water has evaporated and the peaches are fork-tender, 6 to 7 minutes. Transfer the mixture to a medium bowl; let cool to room temperature, about 30 minutes. Cover and refrigerate until ready to assemble oats.
2. Meanwhile, whisk oats, milk, yogurt, chia seeds, vanilla and the remaining ½ teaspoon cinnamon and ¼ teaspoon salt in a medium bowl until fully combined. Cover and refrigerate until slightly thickened, at least 8 hours.
3. To assemble, spoon ½ cup oat mixture into each of 4 (16-ounce) jars; top each with ⅓ cup peach mixture. Repeat the layers with the remaining oats and peaches.

Nutrition Facts:

Servings: 4 Serving Size: 1 cup oats & ⅔ cup peaches

Per Serving: calories 354; carbohydrates 58g; dietary fiber 9g; total sugars 26g; protein 16g; total fat 7g; saturated fat 2g; cholesterol 9mg; vitamin A 80IU; vitamin C 9mg; folate 72mcg; sodium 338mg; calcium 261mg; iron 3mg; magnesium 107mg; potassium 652mg; zinc 3mg

Recipe from Eatingwell