



Heart Healthy Overnight Oatmeal

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Oats contain a soluble fiber, beta glucan, which has been proven to lower the "bad" LDL cholesterol. Soluble fibers form a gel that can bind up some cholesterol in our gut, preventing it from being absorbed. How much do you need for this benefit? Science says three grams of soluble fiber daily from whole grain oat foods, in a diet low in saturated fat and cholesterol, may reduce risk of heart disease. Each half cup of oatmeal contains 1 gram of soluble fiber. Below is an easy way to prepare oatmeal in advance. Leftovers can be refrigerated or frozen.

Refrigerator (no-cook)

Serves 4; best eaten right from the fridge or can be warmed in the microwave, except the yogurt version.

Ingredients

- 2 cups old-fashion rolled oats
- 2 cups low fat or fat free milk or yogurt (yogurt will make a thicker cereal)
- ½ teaspoon vanilla

Directions

1. Combine oats, milk or yogurt and vanilla in a bowl, cover and refrigerate overnight.
2. In the morning, put oatmeal into bowls and add favorite fruit, nut, seed and spice toppings. Endless combinations include: cinnamon, walnuts and grated apple; pecans, pumpkin puree and pumpkin pie spice; banana, peanut butter and cocoa powder.

Nutrition per serving (using skim milk): 201 calories; 2.8 g fat (0 g sat); 2.5 mg cholesterol; 33 g carbohydrates; 0 g added sugars; 11 g protein; 4 g fiber; 65 mg sodium