West Virginia
Bureau of Senior Services



COOKING DEMONSTRATION

Overnight Apple Oatmeal

WHAT YOU NEED

Ingredients

1/4 cup oats, instant and dry

1/2 cup vanilla yogurt

1/4 cup apple sauce

1/8 cup (2 table spoons) milk

Dash of Cinnamon

1/4 cup chopped apple

0.5 oz (1/8 cup) walnuts, optional

Materials

Small bowl

Measuring utensils

Spatula

Knife and cutting board

Refrigerator

Overnight Apple Oatmeal

Serves: 1

Prep Time: 10 min
Refrigerator Time: minimum of 4 hours

Instructions:

1.



Gather all ingredients and materials. Wash all produce. Measure out all ingredients.

2.





In a small bowl, add instant dry oats and milk. Let sit for one minute and then stir.

3.



Add in apple sauce, yogurt and cinnamon.

4.



Stir until combined. Cover and refrigerate overnight or a minimum of 4 hours for best results.

5.



When ready to serve, chop up apples into bite size pieces and measure walnuts.

6.



Top oatmeal with walnuts and apples. Serve cold.

Nutrition Talking Points for the Instructor

- What is contained in this recipe:
  - 1 oz of protein from walnuts
  - 1 (1/2 cup) serving of fruit from apple and apple sauce
  - 1 oz serving of whole grain from instant oats
  - About 1/2 serving of dairy from yogurt and milk
  - A dash of cinnamon
- Walnuts
  - Walnuts are a tree nut.
  - Walnuts are about 65% fat and 15% protein.
  - The walnut is considered to be low in carbohydrates.
  - Most of the carbohydrates that comes from the walnut is in the form of fiber.
  - Walnuts contain something called omega-3 fats.
  - Omega-3s are a part of the cell membrane for each cell in the body.
  - Omega-3 can not be produced in the body and only comes from food.
  - Sources of omega-3 are: fish, seafood, nuts, seeds, plant oils and fortified foods.
  - Research suggest that walnuts may improve brain health, prevent heart disease and cancer.
- Do you have issues with chewing? Switch this, for that:
  - Chopped apple for the remaining 1/4 cup apple sauce
  - Walnuts for peanut butter (or any kind of nut butter)
- Chewing issues in relation to health are common for older individuals
- Smart switches can allow for those with chewing issues to get the same nutrients.