
Sweet Cherry & Chocolate Overnight Oats

Source: Montana Team Nutrition Harvesting Montana
Recipes Contest

Original Source: Shelli Boggess, Deer Lodge Schools, MT

Servings

6



Ingredients

1 1/2 cups Montana sweet Flathead cherries, frozen, pitted

1 1/2 cups Montana's Cream of the West
Roasted 7 Grain Cereal, uncooked

3 cups Yogurt, plain, vanilla or Greek

1 Tbsp Honey, if using plain yogurt

1 Tbsp 2 tsp Cocoa powder

Preparation

1. Set aside half the cherries.
2. Stir together cereal, yogurt, honey (if using honey), half of the cherries, and cocoa powder. Omit the honey if using sweetened yogurt.
3. Portion 1/2 cup of mixture into individual serving dishes.
4. Top each portion with the remaining cherries (approximately 3 cherries each).
5. Cover and refrigerate for at least six hours.

Optional: garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.

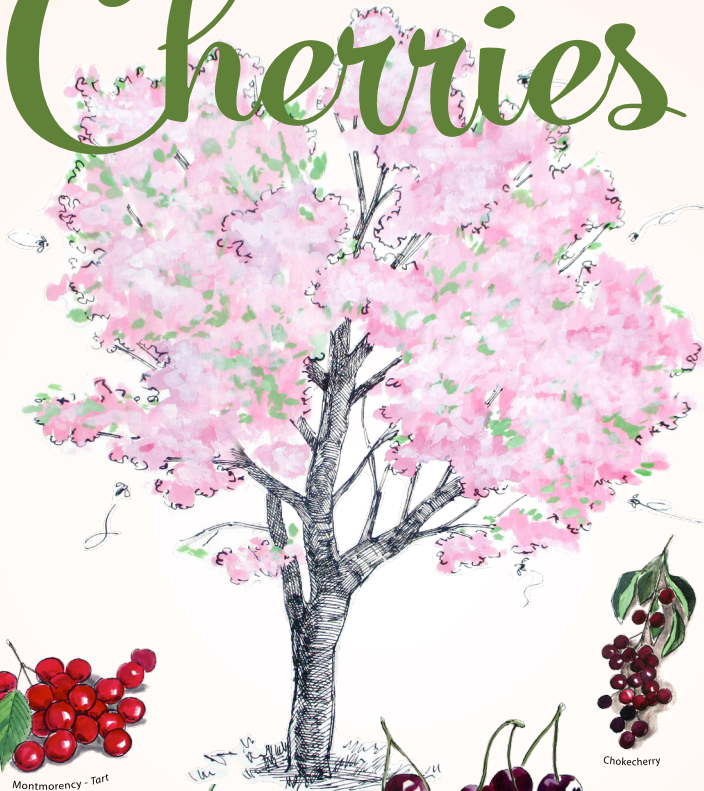
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Cherries



Montmorency - Tart



Chokecherry



Rainier - Sweet



Lapin - Sweet

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