

## SIMPLE OVERNIGHT OATMEAL

### SUPPLIES & INGREDIENTS

**6.5 cups** strawberry yogurt

**5 cups** old fashioned oats

**5 cups** soymilk

**5 cups** fresh fruit (such as berries, peaches or sliced banana)

### DIRECTIONS

1. Combine all ingredients in a mason jar or bowl. Cover and let sit overnight in the fridge.

2. Serve hot or cold, topped with additional fruit, chopped nuts or granola, if desired.

3. This recipe serves 10-20 people

Farmers plant soybeans  
in the spring.



Farmers harvest the  
soybeans in the fall.



Soy milk is produced by soaking  
and grinding soybeans, boiling  
the mixture, and filtering out any  
remaining beans.

