

Vermont Morning®

NO-COOK SUMMER GRAINS®

Try our no-cook summer recipe for a heart-healthy breakfast to go or a yummy way to eat whole grains cold on a hot day. We use Cabot's amazing yogurt!

Mix 3/4 cup dry (uncooked) **Vermont Morning®** and 1 cup plain non-fat yogurt. Cover and refrigerate overnight. For a fast breakfast or one to take to work, scoop out your portion size and top with:

- Fresh fruit – sliced, chopped or whole: apples, bananas, berries, seedless grapes, melon balls, pineapple
- Nuts & Seeds – pecans or almonds or walnuts, flax or sunflower seeds
- Maple Syrup or honey if you'd like it sweeter.

The tart yogurt, sweet fruit, and richness of the grains are a wonderful combination. The nuts and seeds add crunch, however, **Vermont Morning®** is chewy even when the grains are softened overnight.

You also can substitute some of your favorite flavored yogurt for the plain yogurt if you want it sweeter! But, if you are keeping an eye on the amount of sugar you are eating, use mostly plain yogurt.

We mix enough for a week at a time. Mix it with more yogurt if you like it smoother...or less if you like it thicker!

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