

Apple Cinnamon Overnight Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup nonfat milk
- 1/4 cup plain, nonfat yogurt
- 1/2 cup apple, chopped
- 1/8 tsp ground cinnamon
- 1 tsp honey
- 1 tsp chia seeds

How to make it

1. Add Quaker® Oats to your container of choice and pour in milk and low-fat yogurt.
2. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds.
3. Place in fridge and enjoy in the morning or a few hours later!
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.



PREP
TIME
5 min



COOK
TIME
0 min



TOTAL
TIME
5 min



SERVINGS
1

Made with



Quaker® Oats-Old Fashioned