

Berry-licious Overnight Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup nonfat, low sugar vanilla flavored yogurt
- 1/2 cup frozen or fresh mixed berries
- 1 tsp maple syrup
- Dash of cinnamon
- 1 tsp chia seeds

How to make it

1. Add Quaker® Oats to your container of choice and mix in yogurt.
2. Add berries, maple syrup and cinnamon.
3. Place in fridge and let steep for at least 8 hours in a refrigerator 40°F or colder.
4. Stir in chia seeds just before serving.
5. Best to eat within 24 hours.



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 5 min | 0 min | 5 min | 1 |

Made with



Quaker® Oats-Old Fashioned