

# Berry Overnight Oats

## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup non-fat milk
- 1/2 cup non-fat plain Greek yogurt
- 1 tsp chia seeds (optional)
- 1 cup fresh mixed berries and fruit

## How to make it

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Layer Greek yogurt, chia seeds and mixed fruit and berries.
3. Refrigerate overnight and enjoy in the morning.
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
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