

Blackberry Honey Walnut Overnight Oats



Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat milk
- 1/4 cup plain yogurt
- 1/4 cup blackberries, cut in half
- 2 tsp honey
- 1 tsp chia seeds
- 1 tbsp walnuts, chopped

How to make it

1. Add Quaker® Oats to a container of your choice and pour in milk.
2. Alternate between layers of yogurt, blackberries.
3. Top with walnuts, chia seeds, and drizzle with honey.
4. Refrigerate overnight and enjoy in the morning! Let step for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.
6. Top with additional blackberries and walnuts, if desired.

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

Made with



Quaker® Oats-Old Fashioned