

# Blueberry Banana Overnight Oats

## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup nonfat milk
- 1 tsp vanilla
- 1/2 cup blueberries
- 1/3 cup banana, sliced
- 1 tsp chia seeds (optional)

## How to make it

1. Add Quaker® Oats to your container of choice and pour in milk and vanilla.
2. Add a layer of blueberries and then a layer of banana slices.
3. Top with a drizzle of honey and, if desired, chia seeds.
4. Place in fridge and enjoy in the morning or a few hours later.
5. Let steep for at least 8 hours in a refrigerator 40°F or colder.
6. 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