

Blueberry Cantaloupe Overnight Oats

Ingredients

- 1 cup Quaker® Oats-Old Fashioned
- 1 cup low-fat milk
- 1/4 cup low-fat yogurt
- 1/4 cup blueberries
- 1 Whole Cantaloupe, save 1/4 cup cantaloupe for recipe
- 1 tsp cinnamon
- 1 tbsp flax seed
- 1 tbsp honey

How to make it

1. Scoop out a cantaloupe and put 1/4 cantaloupe on the side and store the rest in the fridge.
2. Add Quaker® Oats, milk, and low-fat yogurt to the carved out cantaloupe.
3. Add a layer of blueberries and a layer of cantaloupe.
4. Top off with cinnamon, flax seed, and a drizzle of honey.
5. Place in fridge and enjoy in the morning or a few hours later.
6. Let steep for at least 8 hours in a refrigerator 40°F or colder.
7. Best to eat within 24 hours.



PREP
TIME
10 min



COOK
TIME
0 min



TOTAL
TIME
10 min



SERVINGS
2

Made with



Quaker® Oats-Old Fashioned