

# Cherry Vanilla Overnight Oats



## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup nonfat milk
- 1/4 cup plain, nonfat yogurt
- 1/2 cup cherries, pitted
- 1 tsp cinnamon
- 1 tsp flax seed

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

## How to make it

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Alternate between layers of pitted cherries and layers of low-fat yogurt.
3. Add a layer of pitted cherries.
4. Top off with cinnamon and flax seeds.
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.

## Made with



Quaker® Oats-Old Fashioned