

Chia Overnight Oats with Peaches

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup nonfat milk or dairy alternative
- 1/2 cup chopped fresh peaches
- 1/2 cup no-sugar-added peach nonfat Greek yogurt or dairy alternative
- 1 tsp chia seeds
- 1/4 tsp ground cinnamon
- 1 tbsp chopped pecans, toasted if desired
- 3 thin peach slices

How to make it

1. Add oats to container.
2. Pour in milk, then arrange peaches over oats.
3. Stir chia seeds and cinnamon into yogurt.
4. Layer over peaches.
5. Refrigerate overnight.
6. Top with pecans and peach slices.
7. Gluten-free if made with Quaker Gluten Free Oats, vegetarian.
8. For vegan version, substitute nondairy yogurt for Greek yogurt and nonfat milk for dairy alternative.



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

Made with



Quaker® Oats-Old Fashioned