

Mango Overnight Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/4 cup low-fat milk
- 1/3 cup low-fat yogurt
- 1/8 tsp almond extract
- 1/2 cup mango, diced
- 1 tsp honey
- 1 tsp chia seeds



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	1

Made with

How to make it

1. Add Quaker® Oats to your container of choice and pour in milk and low-fat yogurt.
2. Mix in almond extract.
3. Add a layer of mango.
4. Top off with a drizzle of honey and chia 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.



Quaker® Oats-Old Fashioned