

Mixed Berry Overnight Oats



Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat yogurt
- 1/2 cup low-fat milk
- 2 tsp chia seeds
- 1/4 cup blackberries, sliced
- 1/4 cup raspberries
- 1/4 cup banana, sliced

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, pour in milk, add low-fat yogurt, and sprinkle in chia seeds.
2. Add in combined mixture of sliced blackberries, sliced banana, and raspberries.
3. Place in fridge and enjoy in the morning or a few hours later.
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.

Made with



Quaker® Oats-Old Fashioned