

Overnight Autumn Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/4 cup Tropicana® 100% Apple Juice
- 3/4 cup plain nonfat yogurt or no-sugar-added nonfat vanilla yogurt
- 1/8 tsp ground cinnamon or apple pie spice
- 1/4 cup chopped unpeeled apple
- 1/4 cup halved green, red or black seedless grapes (or a combination)

How to make it

1. Place oats in small bowl (about 2 cup capacity).
2. Drizzle apple juice over oats.
3. Add a layer of yogurt; sprinkle with cinnamon.
4. Add a layer of apple and grapes.
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	COOK TIME	TOTAL TIME	SERVINGS
5 min	0 min	5 min	1

Made with



Quaker® Oats-Old Fashioned