

PBJ & A Overnight Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat milk
- 2 tbsp peanut butter
- 2 tbsp strawberry jam
- 1/4 cup apple, sliced

How to make it

1. Add oats to your container of choice and pour in low-fat milk.
2. Layer peanut butter, strawberry jelly and apples.
3. Refrigerate overnight and enjoy in the morning.
4. Let steep for at least 8 hours in a refrigerator 40°F or colder. 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