

# Tropical Overnight Oats

## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat milk
- 1/2 large kiwi, peeled & diced
- 1/2 cup pineapple, diced
- 1/4 cup low-fat yogurt
- 2 tsp chia seeds

## How to make it

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Alternate between layers of kiwi and layers of pineapple.
3. Top off with low-fat yogurt and add chia seeds.
4. Place in fridge and enjoy in the morning or a few hours later.
5. Let steep for at least 8 hours in a refrigerator 40°F or colder.
6. 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