

# Whey Good Overnight Oats

## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat yogurt
- 1 scoop whey
- 1/3 cup bananas, sliced
- 1 tbsp cocoa nibs
- 1 tbsp honey

## How to make it

1. Add Quaker® Oats to your container of choice and add low-fat yogurt.
2. Mix in the scoop of whey.
3. Add in layer of sliced bananas.
4. Top off with cocoa nibs and a drizzle of honey.
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