



Berry-licious Overnight Oats



SERVINGS

1



COOKING TIME

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Ingredients

- ½ cup [Quaker® Oats-Old Fashioned](#)
- ½ cup nonfat, low sugar vanilla flavored yogurt
- ½ cup frozen or fresh mixed berries
- 1 tsp. maple syrup
- Dash of cinnamon
- 1 tsp. chia seeds

Cooking Instructions

1. Add Quaker® Oats to your container of choice and mix in yogurt.
2. Add berries, maple syrup and cinnamon.
3. Place in fridge and let steep for at least 8 hours in a refrigerator 40° F or colder.
4. Stir in chia seeds just before serving.
5. Best to eat within 24 hours.