



Blueberry Cantaloupe Overnight Oats



SERVINGS

2



COOKING TIME

0 min

Looking for fun cantaloupe recipes so you can enjoy the fruit in new ways? Try our overnight oats with fruit recipe, Blueberry Cantaloupe Overnight Oats, an easy way to enjoy your favorite fruit. Make it in just a few minutes or make ahead and enjoy the next morning.

Ingredients

- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1 cup low-fat milk
- 1/4 cup low-fat yogurt
- 1/4 cup blueberries
- 1 Whole Cantaloupe, save 1/4 cup cantaloupe for recipe
- 1 tsp cinnamon
- 1 tbsp flax seed
- 1 tbsp honey

Cooking Instructions

1. Scoop out a cantaloupe and put 1/4 cantaloupe on the side and store the rest in the fridge.
2. Add Quaker® Oats, milk, and low-fat yogurt to the carved out cantaloupe.
3. Add a layer of blueberries and a layer of cantaloupe.
4. Top off with cinnamon, flax seed, 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.