



# Cherry Vanilla Overnight Oats

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Cherry Vanilla Overnight Oats breakfast recipe is creamy and sweet. With seasonal tart cherries, a dash of cinnamon, low fat dairy and flax seeds, this recipe makes for a refreshing breakfast option.

## Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup nonfat milk
- 1/4 cup plain, nonfat yogurt
- 1/2 cup cherries, pitted
- 1 tsp cinnamon
- 1 tsp flax seed

## Cooking Instructions

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Alternate between layers of pitted cherries and layers of low-fat yogurt.
3. Add a layer of pitted cherries.
4. Top off with cinnamon and flax seeds.
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.