

Mango Overnight Oats





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Whether you're a mango lover or in search of a breakfast option for busy mornings, this recipe for Mango Overnight Oats is an easy go-to. Mangoes, honey, chia seeds, and a few other ingredients are all you need. Prep this the night before and there is one thing less to do in the mornings.

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/4 cup low-fat milk
- 1/3 cup low-fat yogurt
- 1/8 tsp almond extract
- 1/2 cup mango, diced
- 1 tsp honey
- 1 tsp chia seeds

Cooking Instructions

- 1. Add Quaker® Oats to your container of choice and pour in milk and low-fat yogurt.
- 2. Mix in almond extract.
- 3. Add a layer of mango.
- 4. Top off with a drizzle of honey and chia 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.