



Overnight Autumn Oats

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When the leaves start to change and the air becomes brisk, this recipe for Autumn Overnight Oats is just what you need for a busy morning. With flavors of cinnamon, apples, and grapes, this breakfast option is sweet, spicy, and perfect for the fall.

Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#) (old fashioned, quick or 1/3 cup steel cut quick, uncooked)
- 1/4 cup Tropicana® 100% Apple Juice
- 3/4 cup plain nonfat yogurt or no-sugar-added nonfat vanilla yogurt
- 1/8 teaspoon ground cinnamon or apple pie spice
- 1/4 cup chopped unpeeled apple
- 1/4 cup halved green, red or black seedless grapes (or a combination)

Cooking Instructions

1. Place oats in small bowl (about 2 cup capacity).
2. Drizzle apple juice over oats.
3. Add a layer of yogurt; sprinkle with cinnamon.
4. Add a layer of apple and grapes.
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.