



Tropical Overnight Oats



SERVINGS

1



COOKING TIME

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Whether you are somewhere warm or wishing you were, Tropical Overnight Oats tastes just like you're on a vacation. With pineapple and kiwi, this easy make-ahead breakfast option is both sweet and tart.

Ingredients

- 1/2 Cup(s) [Quaker® Oats-Old Fashioned](#)
- 1/2 Cup(s) Low-fat milk
- 1/2 Large Kiwi, peeled & diced
- 1/2 Cup(s) Pineapple, diced
- 1/4 Cup(s) low-fat yogurt
- 2 Teaspoon(s) Chia seeds

Cooking Instructions

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Alternate between layers of kiwi and layers of pineapple.
3. Top off with low-fat yogurt and add chia seeds.
4. Place in fridge and enjoy in the morning or a few hours later.
5. Let steep for at least 8 hours in a refrigerator 40° F or colder.
6. Best to eat within 24 hours.