

Blueberry and Honey Overnight Oats

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup low-fat milk
- 1/4 cup Greek yogurt, plain, lowfat
- 1/4 cup blueberries
- 2 tsp honey

How to make it

1. Add Quaker® Oats to your container of choice, pour in milk, and add in blueberries and Greek yogurt.
2. Sweeten by topping with honey before refrigerating.
3. Let steep for at least 8 hours in a refrigerator 40°F or colder. Best to eat within 24 hours.
4. Rise, shine, and enjoy!



PREP
TIME
5 min



COOK
TIME
0 min



TOTAL
TIME
5 min



SERVINGS
1

Made with



Quaker® Oats-Old Fashioned