

Berry Overnight Oats

Our 5-ingredient breakfast recipe, Berry Overnight Oats is flavorful and easy to make. Mix up yummy oats, juicy berries, and a couple more ingredients and pop it in the fridge. In the morning you will have a fresh breakfast option with your favorite seasonal berries.



Servings: 1



Prep time: 5 minutes



Ingredients

- ½ cup Quaker® Oats-Old Fashioned
- ½ cup non-fat milk
- ½ cup non-fat plain Greek yogurt
- 1 tsp chia seeds (optional)
- 1 cup fresh mixed berries and fruit



Instructions

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Layer Greek yogurt, chia seeds, and mixed fruit and berries.
3. Refrigerate overnight and enjoy in the morning.
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.



Nutrition Info per serving

Calories:	313
Total Fat:	5.8 g
Saturated Fat:	0.9 g
Cholesterol:	6 mg
Sodium:	81 mg
Total Carbohydrates:	49.4 g
Dietary Fiber:	10.1 g
Total Sugar:	13.7 g
Protein:	19.6 g

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