



Apple Cinnamon Overnight Oats



SERVINGS

1



COOKING TIME

0 min

Apple Cinnamon Overnight Oats make a thick, creamy, and an easy breakfast option when mornings get busy. Make this recipe the night before for a yummy meal with warm spices and sweet apples.

Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup nonfat milk
- 1/4 cup plain, nonfat yogurt
- 1/2 cup apple, chopped
- 1/8 tsp ground cinnamon
- 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. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds.
3. Place in fridge and enjoy in the morning or a few hours later!
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.