



Blueberry and Honey Overnight Oats



SERVINGS



COOKING TIME

1

0 min

Blueberry overnight oats with honey is a super easy recipe perfect for the summertime. Not only is this recipe easy to make with only 5 ingredients, but also yummy and a refreshing way to start your morning. Make Blueberry and Honey Overnight Oats the night before for a breakfast option ready the moment you wake up.

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

Cooking Instructions

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!