



# Chia Overnight Oats with Peaches

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Chia Overnight Oats with juicy, fresh peaches, cinnamon, and toasted pecans make for a delicious breakfast option. Prep this recipe in just ten minutes, place it in the fridge overnight. When you wake up in the morning and have to rush, find something wholesome and ready waiting for you.

## Ingredients

- 1/2 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/2 cup(s) nonfat milk or dairy alternative
- 1/2 cup(s) chopped fresh peaches
- 1/2 cup(s) no-sugar-added peach nonfat Greek yogurt or dairy alternative
- 1 teaspoon(s) chia seeds
- 1/4 teaspoon(s) ground cinnamon
- 1 tablespoon(s) chopped pecans, toasted if desired
- 3 thin peach slices

## Cooking Instructions

1. Add oats to container.
2. Pour in milk, then arrange peaches over oats.
3. Stir chia seeds and cinnamon into yogurt.
4. Layer over peaches.
5. Refrigerate overnight.
6. Top with pecans and peach slices.
7. Gluten-free if made with Quaker Gluten Free Oats, vegetarian.
8. For vegan version, substitute nondairy yogurt for Greek yogurt and nonfat milk for dairy alternative.