



Mango Overnight Oats



SERVINGS

1



COOKING TIME

0 min

Whether you're a mango lover or in search of a breakfast option for busy mornings, this recipe for Mango Overnight Oats is an easy go-to. Mangoes, honey, chia seeds, and a few other ingredients are all you need. Prep this the night before and there is one thing less to do in the mornings.

Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/4 cup low-fat milk
- 1/3 cup low-fat yogurt
- 1/8 tsp almond extract
- 1/2 cup mango, diced
- 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. Mix in almond extract.
3. Add a layer of mango.
4. Top off with a drizzle of honey and chia seeds.
5. Place in fridge and enjoy in the morning or a few hours later.
6. Let steep for at least 8 hours in a refrigerator 40°F or colder.
7. Best to eat within 24 hours.