



# Mixed Berry Overnight Oats



**SERVINGS**

1



**COOKING TIME**

0 min

The blend of sweet berries like blackberries and raspberries, bananas, creamy yogurt, and oats is perfect for a grab and go breakfast option. Just prepare Mixed berry Overnight Oats the night before and enjoy in the morning.

## Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup low-fat yogurt
- 1/2 cup low-fat milk
- 2 tsp chia seeds
- 1/4 cup blackberries, sliced
- 1/4 cup raspberries
- 1/4 cup banana, sliced

## Cooking Instructions

1. Add Quaker® Oats to your container of choice, pour in milk, add low-fat yogurt, and sprinkle in chia seeds.
2. Add in combined mixture of sliced blackberries, sliced banana, and raspberries.
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.