



Savory Autumn Rainbow Veggie Overnight Oats



SERVINGS

2



COOKING TIME

30 min

Elevate your breakfast with this Savory Autumn Rainbow Veggie Overnight Oats, marrying colorful seasonal vegetables with hearty oats for a flavorful and nutritious morning meal.

Ingredients

- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup plain low fat yogurt
- 2 cups skim milk
- 1/4 tsp salt, divided (to taste)
- 1/2 cup beets, red or yellow
- 1/2 cup carrot, small dice
- 1/2 cup butternut squash, small dice
- 1/2 cup brussel sprouts, quartered
- 1/2 cup purple or white sweet potatoes, small dice
- 1 tbsp extra virgin olive oil
- 1/2 tsp black pepper, ground
- 2 tsp lemon juice, with zest
- Pinch fresh or dried thyme
- 3 tbsp green pumpkin seeds, roasted

Cooking Instructions

1. Combine oats, milk, yogurt, and 1/2 tsp of salt in a bowl.
2. Cover and place in fridge overnight.
3. Preheat an oven to 400°F.
4. Combine salt, pepper, olive oil, thyme, lemon and zest in a small bowl to make a vinaigrette.

5. Wash, peel and cut all root vegetables. Individually toss each 1/2 cup of veggies with a small amount of vinaigrette.
6. Spread veggies evenly on a sheet tray with enough separation and cook in preheated oven for 30 minutes. Remove when veggies are tender and golden on the edges.
7. Allow veggies to cool for at least 15 min.
8. Remove bowl from fridge.
9. In a mason jar or your favorite overnight oats container, layer a spoonful or two of oats, next add another layer with one of the veggies, repeat alternating layers in order of your favorite colors to create a mosaic rainbow. Top with pumpkin seeds. For an extra burst of flavor, add a drizzle of balsamic glaze and crumbled goat cheese.