



# Whey Good Overnight Oats



**SERVINGS**

1



**COOKING TIME**

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Start your day with a little protein with our Yogurt Overnight Oats with Whey. The recipe is flavorful as it includes banana, cocoa nibs, and honey. Prep this at night for a breakfast option you or the kids can enjoy in the morning.

## Ingredients

- 1/2 Cup(s) [Quaker® Oats-Old Fashioned](#)
- 1/2 Cup(s) low-fat yogurt
- 1 scoop whey
- 1/3 Cup(s) Bananas, sliced
- 1 Tablespoon(s) cocoa nibs
- 1 Tablespoon(s) Honey

## Cooking Instructions

1. Add Quaker® Oats to your container of choice and add low-fat yogurt.
2. Mix in the scoop of whey.
3. Add in layer of sliced bananas.
4. Top off with cocoa nibs and a drizzle of honey.
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.