



## Overnight Oats 6 Ways

**QUAKER**

Servings: 1 | Prep Time: 5 minutes

# Overnight Oats 6 Ways

Brought to you by  
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## Ingredients

- ½ cup (40 g) Quaker® Old Fashioned Oats
- ½ cup unsweetened oat milk
- 1 teaspoon chia seeds
- ¼ cup nonfat plain Greek yogurt
- 1 teaspoon maple syrup

### MIX-INS:

- Combo 1: 1/2 cup blueberries, 1 tbsp walnuts
- Combo 2: 1/2 banana, 1 tbsp peanut butter
- Combo 3: 1 tbsp cocoa powder, 1 tbsp dried cherries
- Combo 4: 1/2 cup strawberries, 1 tbsp sliced almonds
- Combo 5: 1 cup shredded carrots, 1 tbsp pecans, 1/2 tsp cinnamon, 1/4 tsp ginger, dash nutmeg
- Combo 6: 1/2 cup pineapple, 1 tbsp coconut flakes



## Preparation

1. Whisk together the base ingredients in a large mixing bowl with three-quarters of your favorite combo mix-ins. Reserve a fourth of the mix-ins to top your overnight oats in the morning.
2. Transfer oats to a mason jar and place in the fridge overnight.
3. Remove jar from the fridge in the morning and top with remaining mix-ins.
4. Repeat with remaining desired combos.

### NUTRITION FACTS (PER SERVING)\*:

440 calories, 8 g fat, 1 g sat fat, 3 mg cholesterol, 83 mg sodium, 74 g total carb, 11 g fiber, 7 g sugar, 20 g protein, 29% DV calcium, 13% DV vitamin D, 0% DV vitamin C, 5% DV vitamin A, 13% DV potassium, 27% DV iron, 32% DV thiamin, 39% DV magnesium, 4 g added sugar

\*Mix-ins not included; actual nutritionals will vary based on mix-in selection.

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