



OVERNIGHT OATS

GREAT TASTING NUTRITION **WITHOUT** THE MORNING HASSLE

Quaker® Overnight Oats creates a hassle-free way for people to enjoy the power of the oat. Our products take the work out of overnight oats, making them even easier to enjoy. Simply add milk or your non-dairy option of choice at night to the single-serve container featuring a flavorful blend of oats and other wholesome ingredients such as quinoa and flax. Let the mixture cold-steep overnight in the refrigerator and enjoy the next morning for breakfast without the hassle.

AVAILABLE IN SIX DELICIOUS, WHOLESOME FLAVORS:



Unsweetened
with Chia Seeds



Toasted Coconut
& Almond



Blueberry Banana
& Vanilla



Orchard Peach
Pecan



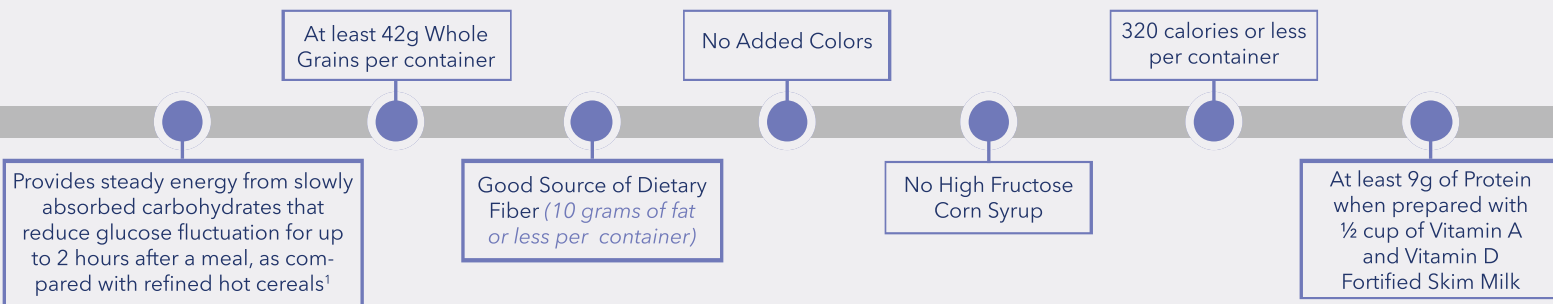
Raisin Walnut
& Honey



Cherry Almond
& Vanilla

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

WITH NUTRITION YOU WANT TO HELP START YOUR DAY



DIRECTIONS

1

Simply add milk or your non-dairy option of choice to the fill line within the single-serve containers



2

Let the mixture cold-steep overnight for 6 hours+ in the refrigerator



3

Take out of the refrigerator the next morning and enjoy a cool and hearty breakfast option with no morning prep required



1. Wolever T.M.S., Jones P.J.H., Jenkins A.L., Mollard R.C., Wang H., Johnston A., Johnson J., Chu Y. (2019). Glycaemic and insulinaemic impact of oats soaked overnight in milk vs. cream of rice with and without sugar, nuts, and seeds: a randomized, controlled trial. European Journal of Clinical Nutrition, 73, 86-93.