



Mango Overnight Oats

 SERVINGS 1

Ingredients

- 1/2 Cup(s) Quaker® Oats
- 1/4 Cup(s) Low-fat milk
- 1/3 Cup(s) low-fat yogurt
- 1/8 Teaspoon(s) Almond extract
- 1/2 Cup(s) Mango, diced
- 1 Teaspoon(s) Honey
- 1 Teaspoon(s) Chia seeds

Cooking Instructions

Add Quaker® Oats to your container of choice and pour in milk and low-fat yogurt. Mix in almond extract. Add a layer of mango. Top off with a drizzle of honey and chia seeds. Place in fridge and enjoy in the morning or a few hours later. Let steep for at least 8 hours in a refrigerator 40° F or colder. Best to eat within 24 hours.