

Cherry Overnight Oats with Banana & Pecan



Ingredients

- 1 cup Quaker® Oats-Old Fashioned
- 1 cup almond milk
- 3 tablespoons brown sugar
- 1 banana
- 1/4 cup dried cherries
- 1/3 cup chopped pecans

How to make it

1. Preheat oven to 450 degrees F.
2. Place the sweet potato pieces on a sheet pan and drizzle with 1 Tbsp olive oil, 1 tsp kosher salt, and pepper and toss well.
3. Arrange pieces in one layer and roast for 25 to 30 minutes, turning once.
4. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
5. Boil water in a small saucepan.
6. Transfer toasted oats to a large bowl and pour over boiling water and 1/4 tsp salt.
7. Cover and let stand for 20 minutes or until oats have absorbed all the water.
8. Fluff with a fork (note that oats are purposely undercooked to retain texture and bite).
9. * To prepare the dressing, whisk together olive oil, vinegar, shallot, lemon zest, and salt & pepper.
10. In a large bowl, combine the cooled oats, sweet potatoes, spinach, avocado and cranberries.
11. Add dressing and toss well to combine.
12. Serve cold or at room temperature.



PREP
TIME

-



COOK
TIME

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TOTAL
TIME

-



SERVING

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Made with



Quaker® Oats-Old Fashioned