

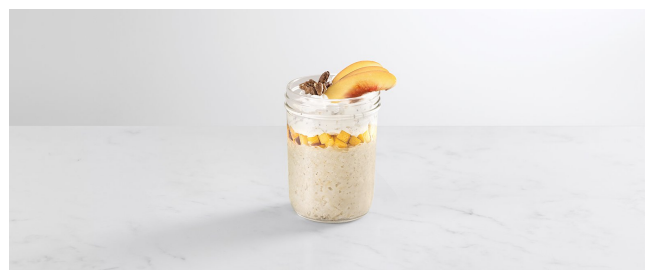
# Chia Overnight Oats with Peaches

## Ingredients

- 1/2 cup(s) Quaker® Oats-Old Fashioned
- 1/2 cup(s) nonfat milk or dairy alternative
- 1/2 cup(s) chopped fresh peaches
- 1/2 cup(s) no-sugar-added peach nonfat Greek yogurt or dairy alternative
- 1 teaspoon(s) chia seeds
- 1/4 teaspoon(s) ground cinnamon
- 1 tablespoon(s) chopped pecans, toasted if desired
- 3 thin peach slices

## How to make it

1. Thinly slice ONLY 6 strawberries and set aside.
2. Peel the apples and cut into 1/2-inch diced pieces. Place in a medium bowl.
3. Add flour, brown sugar, and ONLY 1/4 teaspoon cinnamon and ? teaspoon salt to the bowl with the apples. Toss until well combined.
4. In a small bowl, combine the granola and remaining 1/4 teaspoon of cinnamon and toss until well combined.
5. Reserve half of the granola mixture for step 3. Divide remaining granola mixture evenly into each ramekin.
6. Divide the apple mixture between the ramekins. Apples should be mounded about 1-inch above the top of the ramekin.
7. Top each with the remaining granola mixture.
8. Microwave the apple crisps for 3 1/2 minutes.
9. Top each apple crisp with sliced strawberries.
10. Serve and enjoy!



PREP  
TIME

-



COOK  
TIME

-



TOTAL  
TIME

-



SERVING

1

## Made with



Quaker® Oats-Old Fashioned