Overnight Peach Oatmeal

PREP TIME: 10 MINUTES | CHILL TIME: 8 HOURS OR OVERNIGHT | SERVES: 4 TO 6

This no-cook oatmeal is ideal for warm weather.

Ingredients

• 2 cups quick or old-fashioned oats
• 1/2 cup sliced almonds, chopped walnuts or pecan pieces
• 1/2 cup dried cranberries or raisins
• 1/4 tsp. ground cinnamon
• 1 can (15 oz.) peach chunks or sliced peaches in water or 100% juice, not drained
• 1 1/2 cups 2% milk, almond milk, or coconut milk
• 2/3 cup (6 oz.) vanilla low-fat yogurt
• Optional toppings: additional peach chunks or slices, additional sliced almonds, chopped walnuts or pecan pieces, fresh blueberries, raspberries or blackberries, toasted shredded coconut, honey

Instructions

2. Portion into 1-pint mason jars with lids or cover bowl and refrigerate 8 hours or overnight.
3. Stir before topping, as desired.