



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

1. Combine oats, almonds, cranberries, and cinnamon in a medium bowl. Stir in peaches, milk, and yogurt.
2. Portion into 1-pint mason jars with lids or cover bowl and refrigerate 8 hours or overnight.
3. Stir before topping, as desired.