Peach Yogurt Overnight Oats

Four chilled peach yogurt oat breakfasts · Active 15 min · Total 6 hr 15 min

Skills: Portioning a cold oat soak with drained canned fruit and maintaining continuous refrigeration

Ingredients

- 2 cups plain old-fashioned rolled oats suitable for cold soaking according to their label (160 g)
- 1 cup milk (240 ml)
- 1 1/2 cups plain yogurt (360 g)
- Canned peaches in juice, drained and chopped (about 1 lb/480 g; buy enough cans for that drained weight)
- 1/2 teaspoon ground cinnamon (1 g)

Set out

Large bowl and spoon, Strainer, Knife and board, Four lidded food containers, at least 2 cups/500 ml each, Reliable refrigerator

Allergens

milk. Check labels and substitutions.

Make it

1. Check the oat label permits cold soaking; if it requires cooking before eating, choose a cooked-oat recipe instead. Drain peaches thoroughly, measure 480 g fruit and chop into bite-sized pieces. Keep cold while preparing oats.

2. Stir oats, milk, yogurt and cinnamon together in the bowl. Divide the whole mixture among four clean lidded containers, layering one-quarter of the chopped peaches through each. Leave headroom for stirring.

3. Cover and refrigerate immediately at 40°F/4°C or below for at least 6 hours, or overnight, until oats are softened. Do not soak on the counter.

4. Stir each portion before eating cold. Keep remaining portions refrigerated and use within 2 days of preparation or the earliest ingredient deadline, whichever comes first.

No special jar needed

Clean ordinary food containers with secure lids work. The important feature is reliable cold storage, not a decorative container.

Ingredient labels

Milk and yogurt supply milk. Oats can have wheat/barley cross-contact; check fruit, yogurt and oat labels for added ingredients.

A useful detail

The 375-minute total is 15 minutes preparation plus a minimum six-hour refrigerated soak. Overnight may be longer; active time does not replace the necessary chill.

Keep it well

Keep refrigerated continuously at 40°F/4°C or below and use within 2 days of preparation, or an earlier milk/yogurt label deadline. Keep total time outside refrigeration below 2 hours, or 1 hour above 90°F/32°C, including transport. Carry in an insulated bag with frozen cold packs. Freezing the assembled yogurt-oat breakfasts is not recommended for texture.