

Quick & Easy

THE COSTCO WAY

Yogurt Berry Breakfast Quinoa

Makes 4 servings

Ingredients:

¼ cup milk

2 - 6 oz Yoplait® Original Yogurt, French vanilla, strawberry or harvest peach

4 tsp chia seeds

1 cup quinoa, cooked and cooled (¼ cup uncooked)

2 cups mixed berries or chopped peaches

¼ cup toasted almonds or pecans, coarsely chopped

⅛ tsp ground cinnamon

Instructions:

In a medium bowl, stir together milk, yogurt and chia seeds until blended. Evenly divide mixture among four glasses. Layer ¼ cup quinoa on top of yogurt. Top with a layer of fruit and nuts. Sprinkle with cinnamon. Let stand 5 minutes, or cover and refrigerate overnight.

Recipe courtesy of Betty Crocker Kitchens.

For more recipe ideas, go to Costco.com and search: **Quick & Easy**



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Yogurt Overnight Oatmeal

Makes 1 serving

Ingredients:

6 oz Yoplait® Original Yogurt, French vanilla, strawberry or harvest peach

¼ cup old-fashioned or quick-cooking oats, uncooked

¼ cup fresh fruit, divided

Instructions:

In a mason jar or a container with a tight-fitting cover, mix yogurt and uncooked oats. Stir in half the fruit. Cover. Refrigerate for at least 8 hours. Do not refrigerate for longer than 3 days. Top with remaining fruit. Serve.

Tip: Top with raspberries, mandarin orange segments, pineapple pieces, diced kiwi, blueberries or sliced grapes.

Recipe courtesy of Betty Crocker Kitchens.

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