Cranberry-orange overnight oat snack cups

Single-batch portion card • Free, no signup or purchase.

Mix one batch

Mix equal parts rolled oats and milk. Add cranberries and orange zest to taste.

Chill overnight

Cover in a clean food-safe container and refrigerate overnight. In the morning stir and add a spoonful of milk if too thick. Add fresh orange pieces close to serving.

Label and carry cold Record the actual ingredients and preparation date. Keep refrigerated, including during transport with cold sources. Use the ingredient labels and applicable food-safety guidance for storage limits.

Use the worksheet to record your batch. Check labels for allergens. Refrigerate perishables promptly. For transport without refrigeration, use an insulated bag with at least two cold sources.

Method: Quaker Overnight Oats base (equal parts rolled oats and milk). Full source link in the guide.

Cranberry-orange overnight oat snack cups

Single-batch portion card • Free, no signup or purchase.

Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE