

Apple Cinnamon Overnight Oats

Prep **Total**
5 min 5 min

Yield: 1

Serving: 1

Ingredients

$\frac{1}{2}$ cup rolled oats

1 tsp cinnamon

1 Tbsp maple syrup

$\frac{1}{2}$ cup unsweetened almond milk

$\frac{1}{2}$ -1 apple *chopped or diced*

Directions

Mix first 4 ingredients in a mason jar, add apples and continue mixing. Refrigerate overnight.

