

OVERNIGHT OATS WITH APPLES AND CINNAMON

SERVES: 1 PREP TIME: 5 MINUTES

INGREDIENTS:



- ½ cup rolled oats
- ½ cup unsweetened soymilk (adjust for creaminess)
- 1 small apple, diced (keep the peel for extra fiber)
- 1 teaspoon ground cinnamon
- 1 teaspoon maple syrup (optional, for sweetness)
- 1 tablespoon chia seeds (optional, for thickness)
- 1 tablespoon chopped walnuts or almonds (optional)

DIRECTIONS:

Combine Ingredients: In a jar or bowl, mix the oats, soymilk, chia seeds (if using), and cinnamon. Stir well to combine.

Add the Apple: Stir in the diced apple. If you like a sweeter flavor, add the maple syrup.

Seal and Refrigerate: Cover the jar or bowl and refrigerate overnight (or at least 6 hours).

Serve: In the morning, give the oats a good stir. Add a splash of extra soymilk if they seem too thick. Top with walnuts or almonds for crunch, if desired.

Enjoy: Eat chilled or warm it up in the microwave for 1–2 minutes if you prefer it warm.

TIP:

Prepare 5 jars at the same time and have them ready all week!

