



# Apple Cinnamon Overnight Oats

SERVING SIZE: 1 jar

SERVINGS: 1

PREPARATION TIME: Overnight

## INGREDIENTS:

- 1/2 cup rolled oats
- 1 cup milk\*
- 1/2 cup chopped apples
- 1 teaspoon ground cinnamon
- 1 teaspoon honey (optional)

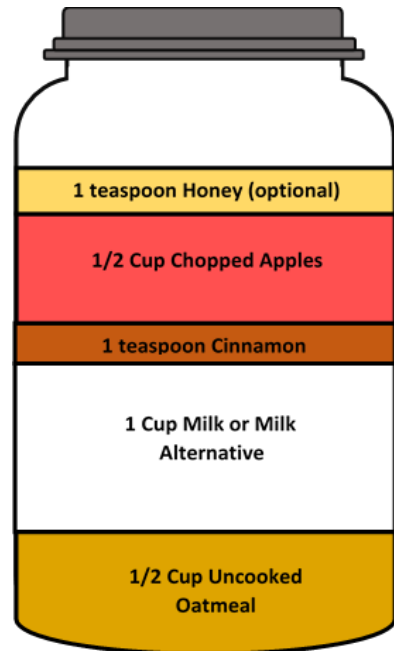
\*the same amount of milk alternatives can be used

## DIRECTIONS:

1. Add oats, milk, apples, cinnamon (and honey, if desired) together in a mason jar, re-sealable container or a bowl.
2. Shake jar or mix and combine with a spoon. Seal and chill in fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Enjoy within 2 days

## ADDITIONAL INGREDIENT IDEAS:

- Unsweetened Yogurt
- Seeds (Sunflowers, flax, chia, etc.,)
- Chopped Nuts (Almonds, Walnuts, etc.,)
- Raisins or other Dried fruits
- Fresh Fruit (Berries, Apples, Bananas, etc.,)
- Brown Sugar or Honey



## NUTRITION FACTS:

### Amount Per Serving

Calories	318
Total fat	5.5 g
Saturated fat	1.5 g
Cholesterol	9 mg
Sodium	130 mg
Total Carbohydrate	56 g
Fiber	5.3 g
Sugar	19.5g
Added Sugar	5.7 g
Protein	13 g
Phosphorus	2 mg
Potassium	219 mg

## EQUIPMENT NEEDED:

- 16oz jar with lid or other container with lid
- Measuring cups and spoons

Recipe submitted by UW-Extension FoodWise  
Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)