

## **Apple Cinnamon Overnight Oats**

### **INGREDIENTS**

1/2 cup rolled oats

2/3 cup milk or milk alternative

Pinch of salt

1/2 apple, cut into small pieces

1 teaspoon cinnamon

Drizzle of maple syrup or other sweetener (to taste)

### **INSTRUCTIONS**

- add oats, salt, apple, cinnamon, and sweetener to a jar or sealable tupperware container.
- add milk or milk alternative and give it a good stir, or close it and shake it
- refrigerate for at least 18-24 hours before eating, and lasts up to 5 days in the fridge. You can eat it cold or reheat the open container in the microwave for 1-1.5 minutes.

Note: If you choose to use steel-cut oats instead (instant oats won't work for this recipe), use a full cup of milk. Don't be afraid to get creative with the add-ins and spices!