

Apple Cinnamon Overnight Oats (Copy)

A healthy no-cook make-ahead oatmeal just perfect for busy mornings.

🕒 Preparation 5 minutes ● Total 5 minutes 1 jar

Ingredients

or	or
1/4 cup water (as needed)	1/2 cup rolled or quick oats
or	or
2 teaspoons chia seeds	1/2 cup chopped apples
or	or
3/4 cup almond or coconut milk or equivalent	1 teaspoon ground cinnamon

Cooking method

- 1
Add oats, almond milk, protein powder and chia seeds together in a mason jar, resealable container or a bowl.
- 2
Add apples, cinnamon (and sweetener if desired) to mason jar.
- 3
Serve with more milk as desired and top with additional chopped apples and ground cinnamon before serving, if desired.
- 4
Shake jar or mix and combine with a spoon. Seal and chill in fridge for at least 4 hours or overnight.
- 5
Enjoy cold or heat up in the microwave or stove-top.