

## 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
1/2 scoop of Plant Based Protein (Vega Clean, Vivo Life or Approved Brand)	1/2 cup rolled or quick oats
or	or
1/4 cup water (as needed)	1/2 cup chopped apples (I used gala)
or	or
2 teaspoons chia seeds	1 teaspoon ground cinnamon
or	or
3/4 cup almond or coconut milk	1-2 teaspoons maple syrup

### 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.