



5 min



Serves 2



FRESH

APPLE PIE OVERNIGHT OATS

Ingredients:

- 1/2 cup (2 packets) oats
- 1 tbsp chia seeds
- 1 apple, chopped
- 1 tsp cinnamon
- 1/2 cup unsweetened apple sauce
- 2/3 cup milk or fortified non-dairy beverage
- 1 tbsp maple syrup

Directions:

1. Combine all of the ingredients into a mason jar or container, shake, and refrigerate overnight. In the morning your oats will be ready to enjoy.

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NUTRITION INFO

Per: 1 serving of oats

(2 servings in recipe)

Energy.....344 kcal

Fat.....6g

Carbohydrates.....62g

Protein.....13g



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