

Apple Cinnamon Overnight Oats

10 ingredients · 10 minutes · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk if preferred.

Notes

More Protein

Add hemp seeds or a spoonful of nut butter.

Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey to sweeten instead.

Leftovers

Refrigerate in an airtight container for up to four days.

No Walnuts

Any raw, unsalted nut will do. Try mixed raw nuts to get an amazing nutrient rich, healthy protein, healthy fats, mineral rich breakfast.

Ingredients

- 1 1/2 cups Oats (Use whole oats, NOT quick oats)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)