

Overnight Apple Oats

Prep Time: 5 minutes Soak Time: 6 hours Yield: 1 serving

Method:

1. **MEASURE** the oats and **PUT** into a bowl or jar.
2. **MEASURE** the milk and **POUR** over the oats.
3. **CHOP** the apples and **ADD** to the jar over the oat mixture.
4. **SPRINKLE** the cinnamon on top.
5. **SPRINKLE** chia seeds over the apple and oats (optional).
6. **COVER** and **REFRIGERATE** for a minimum of 6 hours or overnight.
7. **HEAT** in microwave on high for 45 seconds or **ENJOY** cold!
8. **TOP** with a few drops of honey for added sweetness (optional).

Variations:

- Try swapping out the apples for other fruits. Add seasonal fruits.
- Try adding in applesauce along with apples to add more flavor.
- Swap plain milk with chocolate milk.
- Include berries or other fruits in addition to the apples.
- Add in different seeds or nuts.
- Include a variety of toppings (i.e. nut butters, nuts, granola, fruits).
- Add brown sugar in place of honey.
- **BREAKFAST BAR FRIENDLY RECIPE** - individuals can add their own toppings.

Recipe is courtesy of Shana Meckler, FamilyCookProductions.org



Ingredients:

- 1/2 cup rolled oats
- 1/2 cup milk
- 1/2 cup chopped apples
- Pinch of cinnamon
- 1 tsp chia seeds (optional)
- 1 tsp honey or syrup (optional)

May contain tree nuts or nut product.



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