

Apple Cinnamon Overnight Oats

Apple Cinnamon Overnight Oats. With lots of warm spices, pure maple syrup, and crisp apples, this easy overnight oatmeal tastes just like apple pie!

PREP TIME: 5 MINS *TOTAL TIME:* 8 HRS

Servings: 1 jar (or as many as you like!)



5 from 6 votes

Ingredients

For Each Jar:

- 1/3 cup old fashioned oats - [gluten free](#) if needed
- 1/2 teaspoon ground cinnamon
- Tiny pinch ground ginger
- Tiny pinch ground cloves
- Tiny pinch kosher salt
- 1/2 medium apple - cored and diced (peeling optional), any kind you enjoy eating (I used honeycrisp)
- 1/2 cup Almond Breeze Unsweetened Vanilla Almondmilk
- 1 1/2 teaspoons pure maple syrup
- 1/2 cup non-fat plain Greek yogurt
- 1 tablespoon [ground flaxseed meal](#) - or substitute [chia seeds](#)
- Optional toppings: Toasted almonds - or walnuts; dried fruit, such as raisins, cranberries, or apricots, additional maple syrup

Instructions

- ¹ Add the ingredients to a 16-ounce mason jar or other individual storage container in the order listed above: oats, cinnamon, ginger, cloves, salt, diced apples, almondmilk, maple syrup, Greek yogurt, and flaxseed. Do not shake. Seal jar and refrigerate overnight (or up to 5 days). You can also layer the ingredients in a bowl, then cover the bowl with plastic wrap and refrigerate.
- ² When ready to eat, shake the jar to combine the ingredients or empty the contents of the container into a serving bowl and stir to combine. Add a little more Greek yogurt or almondmilk if a thicker/thinner consistency is desired. Add any desired toppings and enjoy!

Notes

Store overnight oats in the refrigerator for up to 5 days.

Nutrition

Serving: 1jar (without additional toppings), Calories: 299kcal, Carbohydrates: 45g, Protein: 17g, Fat: 7g, Cholesterol: 8mg, Sodium: 204mg, Fiber: 9g, Sugar: 19g

COURSE: BREAKFAST *CUISINE:* AMERICAN

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