



Cinnamon Apple Overnight Oats

Servings: 1

Prep Time: 3 minutes

Chill Time: 6 hours (overnight)

Total Time: 6 hours 3 minutes

Ingredients

- ½ cup rolled oats
- ¾ cup unsweetened almond milk (or any milk of choice)
- ½ medium apple, diced (skin left on for extra fiber)
- 1 tsp ground flaxseed
- Pinch ground cinnamon
- Optional toppings: extra apple slices, walnuts, or a drizzle of almond butter

Instructions

1. **Combine** rolled oats, almond milk, diced apple, flaxseed, and cinnamon in a jar or small bowl.
2. **Stir well** until everything is evenly mixed and oats are fully coated.
3. **Cover** tightly with a lid or wrap and refrigerate for at least 6 hours, or overnight for best flavor.
4. **Serve cold** straight from the fridge, or warm in the microwave for 30 seconds if you prefer it hot.
5. **Top and enjoy** with optional apple slices, nuts, or almond butter for extra crunch and flavor.

Nutrition (per serving)

- Calories: 265
- Carbohydrates: 42 g
- Protein: 6 g
- Fat: 8 g (0.5 g sat)
- Fiber: 6 g
- Added Sugar: 0 g

 **Pro Tip:** Overnight oats soften more the longer they sit. If you like a creamier texture, add an extra spoon of yogurt before serving.