



Ingredients

½ large apple, diced

1 tsp. brown sugar

½ cup old fashioned rolled oats

½ cup milk

1 TBSP chopped walnuts or pecans,
divided

1 tsp. maple syrup

¼ tsp. cinnamon

dash vanilla extract

pinch kosher salt

APPLE CINNAMON OVERNIGHT OATS

Instructions

1. Combine apple and brown sugar in a small bowl. Mix well.
2. Microwave apples for one minute, then stir. Cook for another 30 seconds, or until apples are softened and tender.
3. Add half apples, along with the oats, milk, half the nuts, maple syrup, cinnamon, vanilla, and salt, to a mason jar. Mix well.
4. Top oats with remaining apples and nuts. Cover and refrigerate overnight, or for at least 4 hours, before eating. (Eat cold or warm.)