

Overnight Oats



Oats: Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber, and antioxidants. Studies show that oats and oatmeal have many health benefits. These include weight loss, lower blood sugar levels, and a reduced risk of heart disease.

Overnight Oats

Serving: 1

Prep Time: 5 mins | Cook Time: 6 hours / Overnight

Ingredients:

- ½ cup old-fashioned rolled oats
- ½ cup unsweetened milk
- 1 tsp chia seeds
- ½ tsp ground cinnamon
- ½ medium fresh apple, diced
- ½ medium banana, sliced
- 1 Tbsp walnuts, chopped

Instructions:

1. Using a jar or small glass bowl with a lid, add rolled oats, chia seeds, and ground cinnamon.
1. Pour unsweetened milk into the ingredients in the jar or bowl. Stir with a spoon to combine Ingredients.
2. Tightly seal the lid to the container and leave in the refrigerator overnight or for at least 6 hours for the rolled oats to absorb the milk.
3. Once the oatmeal is set overnight or for at least 6 hours in the refrigerator, open lid and top with diced apples, banana slices, and chopped walnuts to serve. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 357
- Carbohydrates: 58.5 g
 - Fiber: 11 g
 - Sugar: 18.4 g
- Total Fat: 11.2 g
- Protein: 11.1 g
- Sodium: 37.3 mg



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