APPLE CINNAMON OVERNIGHT OATS

INGREDIENTS

- 1/3 cup rolled oats
- 1/2 tsp ground cinnamon
- Pinch of ginger, cloves and salt
- 1/2 apple, diced
- 1/2 cup unsweetened vanilla almond milk
- 1 1/2 tsp maple syrup
- 1/2 cup nonfat plain Greek yogurt
- 1 Tbsp ground flaxseed or chia seeds

DIRECTIONS

1. Layer all ingredients in a 16-ounce jar.
2. Seal jar and refrigerate overnight.
3. Shake jar or empty contents into a bowl and stir, then add toppings if desired, before serving.



Serves: 1
Serving Size: 1 jar
Calories: 299
Protein: 17g
Fiber: 9g

Recipe courtesy of wellplated.com