

# Maple Cinnamon Overnight Oats

*This tastes like apple pie in a jar and has amazing Omega 3s to boost brain health!*

PREP TIME: 10 minutes

COOK TIME: Overnight (6-8 hrs)

Makes 1 serving

*vegan*

## INGREDIENTS

- ½ cup quick oats
- ¼ cup rolled oats
- 1 cup plant based milk
- 1 apple
- 1 Tbsp flax or chia seeds
- ½ tsp cinnamon
- 2 Tbsp walnuts
- 1 Tbsp maple syrup

## INSTRUCTIONS

1. Add all ingredients except the walnuts and apple in a jar or sealable container. Stir.
2. Put in the fridge overnight and enjoy it in the morning!
3. Cut or grate the apple and add the walnuts. Mix in to combine.
4. Enjoy!



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## NOTES

*Approximate cost: \$1.89  
572 calories, 91g carbs, 15g protein, 18g fat - Nutritional needs vary from person to person!*

Photo creds: foodnetwork.com