



Overnight Oats & Apples

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Yield: Serves 1

INGREDIENTS

1 small mason jar
1/2 cup rolled oats
1 tbsp. ground flax
1 date, pitted and chopped
1/8 cup chopped walnuts, almonds, pecans, etc.
3/4 cup coconut, almond, hemp, or rice milk
1/2 apple, cut into chunks
1/2 tsp. cinnamon



METHOD

- Stir all ingredients together in a small mason jar. Place jar in the fridge to soak overnight.
- Grab in the morning and go! Eat cold or heat up.

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