

## Apple Cinnamon Overnight Oats



**QUAKER**

Servings: 1

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## Ingredients

- ½ cup Quaker® Old Fashioned Oats
- ½ cup nonfat milk
- ¼ cup plain, nonfat yogurt
- ½ cup apple, chopped
- ½ teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds



## Preparation

1. Add oats to your container of choice and pour in milk and nonfat yogurt.
2. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds.
3. Place in fridge and enjoy in the morning or a few hours later! Let steep for at least 8 hours in a refrigerator 40°F or colder. Best to eat within 24 hours.

## NUTRITION FACTS (PER SERVING):

300 calories, 4 g fat, 1 g sat fat, less than 5 mg cholesterol, 100 mg sodium, 54 g total carb, 7 g fiber, 24 g sugar, 14 g protein, 25% DV calcium, 8% DV vitamin D, 4% DV vitamin C, 8% DV vitamin A, 10% DV potassium, 15% DV iron, 25% DV thiamin, 25% DV magnesium, 6 g added sugar

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