

BEYOND HUNGER

CINNAMON ROLL OVERNIGHT OATS

Do you love breakfast but hate the hassle of cooking in the early hours of the morning? Then, try your hand at this easy grab-and-go overnight oats recipe! This delicious recipe takes a mere five minutes to prepare the night before. Then, store your ingredients in your refrigerator overnight, and voila! You have breakfast instantly ready to go in the morning, no cooking needed.

Yields: 5 servings

Serving Size: 2/3 cup

Ingredients

- 2 ½ cups old fashioned rolled **oats**
- 2 ½ cups **almond milk** or preferred milk of your choice
- 8 teaspoon light **brown sugar**
- 2 ½ teaspoons **vanilla extract**
- 1 1/14 teaspoons **cinnamon**, ground
- ½ teaspoon **salt**

Instructions

1. Stir oats, milk, brown sugar, vanilla, cinnamon, and salt in a large bowl.
2. Store in five, 8-ounce jars with a tight-fitting lid.* Refrigerate overnight.**

* Mason jars work well for this recipe. However, you can also wash and save jelly, salsa, or any other glass jar with a tight-fitting lid.

** Overnight oats can be stored in the refrigerator for up to 5 days.

Chef's Note: The addition of a fresh fruit will round out the nutritional profile of this breakfast. Try adding freshly sliced bananas or topping the oats with fresh berries immediately before serving.

Per Serving: Calories 197, Carbohydrates 34.7 g, Protein 5.5 g, Saturated Fat 0.5 g, Sodium 317 mg, Fiber 4.8 g, Sugars 7.7 g

This recipe is featured in the November issue of Beyond the Kitchen and was adapted from eatingwell.com.

