



Overnight Oats with Stewed Apples

Need a quick breakfast? Prepare this the night before so it's ready to eat in the morning. Prepared with apples, oatmeal, chia seeds, and delicious spices, this is a fiber packed meal that will keep your hunger at bay.

Serves: 1

Serving Size: 1 bowl

Ingredients

- ½ cup of rolled oats
- 1-2 T of chia seeds
- 1 tsp cinnamon, divided
- Pinch of nutmeg
- Pinch of salt
- ½ cup milk of your choice
- 1-2 tsp sweetener: maple syrup, honey, or brown sugar
- 1 small diced apple (any variety)
- ½ tsp vanilla extract
- 1-2 tsp natural almond butter OR peanut butter *

Directions

1. Use a container with a lid (ex. glass jar) to prepare oatmeal. Place rolled oats, 1-2 T chia seeds ½ tsp cinnamon, pinch of nutmeg and salt into the container. Mix to combine.
2. Add ½ cup of milk to container with oatmeal mixture. Mix well.
3. Place in refrigerator for 8 hours or overnight.
4. To a skillet, add ½ cup of water, diced apples, the remaining cinnamon, a pinch of nutmeg, vanilla extract, and your choice of sweetener. Simmer for 10 minutes or until apples are soft and tender.
5. Place stewed apples with juices on top of prepared oatmeal. Drizzle almond or peanut butter on top. Enjoy!

Chef's Note:

***If using regular peanut or almond butter, heat in microwave for 5-10 seconds until melted.**

Try other toppings like granola, chopped nuts, other fresh fruit, or flax seeds.

Nutrition Info per serving:

Calories: , Saturated Fat: 3.3g, Sodium: 354mg, Added Sugars: 37.7g, Fiber: 16.1g

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