



# WHAT'S IN SEASON ...



## APPLE CINNAMON OVERNIGHT OATMEAL

### INGREDIENTS:

- ½ cup old fashioned rolled oats  
(use gluten free if needed)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- ½ medium apple, cored and diced
- ½ cup unsweetened vanilla almond milk
- 1 teaspoon pure maple syrup
- ½ cup nonfat plain Greek yogurt
- 1 tablespoon ground flaxseed meal or chia seeds
- Optional toppings: Toasted almonds or walnuts; dried fruit, such as raisins, cranberries, or apricots, additional maple syrup

### DIRECTIONS:

Add the ingredients to a 16-ounce mason jar or other individual storage container in the order listed above: oats, cinnamon, ginger, cloves, diced apples, almond milk, maple syrup, Greek yogurt, and flaxseed/chia seeds. Do not shake. Seal jar and refrigerate overnight (or up to 5 days). You can also layer the ingredients in a bowl, then cover the bowl with plastic wrap and refrigerate.

When ready to eat, shake the jar to combine the ingredients or empty the contents of the container into a serving bowl and stir to combine. Add a little more Greek yogurt or almond milk if a thicker/thinner consistency is desired. Add any desired toppings and enjoy!

**TO MAKE THIS RECIPE GLUTEN FREE:** Use gluten free oatmeal.

### NUTRITIONAL FACTS

1 Jar  
Calories: 350 calories  
Protein: 17 grams  
Carbohydrates: 45 grams  
Fat: 7 grams

### CALORIE CONSIDERATIONS:

- To **INCREASE** calories: Add optional toppings as desired (+30-50 calories/Tbsp).
- To **DECREASE** calories: Decrease oatmeal to ⅓ cup and decrease flaxseed/chia seed to ½ Tbsp (-100 calories).