

Apple Cinnamon Overnight Oats



These apple cinnamon overnight oats are the perfect cozy fall breakfast. They're easy to prep ahead, affordable, and ready to grab-and-go in the morning.

Optional Toppings:

- A handful of nuts (walnuts or pecans work well)
- Extra apple slices
- A sprinkle of raisins or dried cranberries

Ingredients:

- 1 cup rolled oats
- 1 cup milk (dairy or non-dairy)
- ½ cup plain yogurt (optional, adds creaminess)
- 1 apple, chopped or grated
- 1–2 tsp cinnamon
- 1–2 tsp honey, maple syrup, or sugar (to taste)
- Pinch of salt

Instructions:

1. In a jar or container, mix oats, milk, yogurt (if using), apple, cinnamon, sweetener, and salt.
2. Stir well, cover, and refrigerate overnight (or at least 4 hours).
3. In the morning, give it a stir, add your favorite toppings, and enjoy cold – or microwave for 30–60 seconds if you want it warm.



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