

Apple Pie Overnight Oats – Makes 1 serving



Ingredients

- ½ cup Rolled oats
- ⅔ cup Skim milk
- 1/3 cup Vanilla non fat Greek yogurt
- ½ tbsp. Chia seeds
- ½ tbsp. Ground flax seeds
- ⅛ tsp. Vanilla extract (a little drop)
- ½ tsp. Cinnamon
- ¼ tsp. Nutmeg
- Sweetener optional
- 1 small Apple
- ½ tsp. Lemon juice

Directions

- Combine and mix all ingredients, except the chopped apple and the lemon juice, in a 500mL mason jar and let sit overnight.
- In the morning chop up the apple and add it to the mason jar with the lemon juice.
- Enjoy 😊