



Apple Pie Oats 'n Yogurt Bowl



Entire recipe: 218 calories, 1.5g total fat (<0.5g sat. fat), 225mg sodium, 29.5g carbs, 3.5g fiber, 12.5g sugars, 20.5g protein

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Prep: 5 minutes **Cook:** 35 minutes

Cool/Chill: 55 minutes



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Ingredients

2 tbsp. steel-cut oats
Dash salt
1/2 cup peeled and chopped Fuji or Gala apple
3/4 cup fat-free plain Greek yogurt
1 packet no-calorie sweetener (like Truvia)
1/2 tsp. vanilla extract
1/2 tsp. cinnamon
1/8 tsp. nutmeg

Directions

In a small pot, bring 3/4 cup water to a boil. Add oats and salt, and return to boil.

Reduce to a low simmer. Cover and cook for 20 minutes.

Stir in chopped apple. Re-cover, and cook until oats have thickened and apple has softened, about 10 minutes.

Let cool completely. Refrigerate until chilled, at least 45 minutes.

In a medium bowl or jar, combine all remaining ingredients. Mix thoroughly.

Stir in chilled oats.

MAKES 1 SERVING

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