



Apple Pie Overnight Oats



Entire recipe: 225 calories, 4.5g total fat (0.5g sat. fat), 265mg sodium, 41g carbs, 6.5g fiber, 8.5g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Chill: 6 hours



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Ingredients

- 1/2 cup chopped Fuji apple
- 1/4 tsp. cinnamon, divided
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned oats
- 1 packet natural no-calorie sweetener
- 1/4 tsp. vanilla extract
- 1 dash ground nutmeg
- 1 dash salt
- 1 graham cracker (1/4 sheet), crushed

Directions

In a medium microwave-safe bowl or jar, mix apple with 1/8 tsp. cinnamon. Cover and microwave for 1 1/2 minutes, or until apple has softened.

Add milk, oats, sweetener, vanilla extract, nutmeg, salt, and remaining 1/8 tsp. cinnamon. Mix well.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Top with crushed graham cracker before serving.

MAKES 1 SERVING

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