

Apple Pie Overnight Oats

Warm fall flavors meet wholesome nutrition in this easy, make-ahead breakfast. These Apple Pie Overnight Oats are packed with fiber-rich oats, crisp apples, and warming spices like cinnamon and nutmeg, giving you all the comfort and flavor of apple pie but in the form of a satisfying breakfast.

Prep time: 15 minutes

Total Time: 6 to 8 hours or overnight

Serves: 4-6

Ingredients

Apple Topping

- 2 cups small diced chopped apple (preferably Honeycrisp)
- 2 teaspoons ground cinnamon
- 2 tablespoons pure maple syrup
- 1/8 teaspoon sea salt

Overnight Oats

- 4 cups milk or unsweetened plant-based milk of your choice
- 2 cups rolled oats
- 2 tablespoons chia seeds
- 2-3 teaspoons pure maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon sea salt

Instructions

1. To make apple topping: Add chopped apples, cinnamon, maple syrup, and salt to a small saucepan. Turn heat on low, cover, and cook for 10 minutes, while stirring occasionally. Apples are ready when they are soft and tender.
2. To prepare the overnight oats: Pour milk into a medium mixing bowl then stir in oats, chia seeds, maple syrup, vanilla extract, cinnamon, nutmeg, and salt. Stir thoroughly until all ingredients are well combined.
3. Divide the oat mixture between 4 small containers with lids. Divide apple topping and place the cooked apples over the top of the oat mixture in each container. Seal and refrigerate for 6-8 hours or overnight.
4. Enjoy chilled, at room temperature, or heated in the microwave for about 1 minute. Store in the fridge for up to 4 days.

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