

Overnight Apple Pie Oatmeal



Inspired by Cookspiration.com

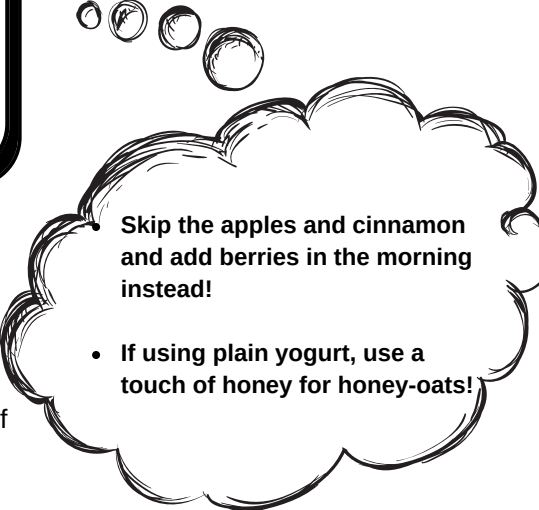
What you need

- 1/2 cup of yogurt
- 1/2 cup of milk
- 1/2 cup of oats
- 1 apple (cored, finely diced or grated, peeled or not- your choice)
- 1/4 teaspoon ground cinnamon

Servings: 1

Preparation (10 minutes) :

1. In a small jar, mix oats with milk and yogurt.
2. Stir in apple and cinnamon if using or layer these if preferred.
3. Put lid on jar and place in fridge overnight
4. Ready for breakfast in the morning!

A hand-drawn thought bubble with a scalloped edge, containing text. Above the bubble are four small circles of varying sizes, suggesting a trail of thought.

• Skip the apples and cinnamon and add berries in the morning instead!

- If using plain yogurt, use a touch of honey for honey-oats!