



Overnight Apple Cinnamon Oats -with chia seeds

Ingredients:

- $\frac{3}{4}$ cup oatmeal
- 1 tablespoon chia seeds
- 1 tablespoon date sugar
- $\frac{3}{4}$ cup plant-based milk without added sugar
- 1 apple with peeling (cut into small pieces)
- Sprinkle of cinnamon



Directions:

1. The night before preparation:

a. In a pint jar, add oatmeal, chia seeds, and date sugar and stir together. Stir in plant-based milk. Put this in the refrigerator and let it sit overnight.

2. In the morning:

a. Cut up your apple and add it to the oatmeal. Sprinkle with cinnamon. Stir in and enjoy.

*This will start your day off with
17 grams of healthy fiber.*