



Apple Pie Overnight Oats

INGREDIENTS

- 1/2 cup oats
- 1/2 cup milk
- 1 Tbsp maple syrup
- 1/4 cup plain yogurt
- 1/2 tsp cinnamon
- dash of nutmeg
- 1/4 cup diced apples
- 1 Tbsp pecans



DIRECTIONS

- Add all ingredients except the apples and pecans into a lidded jar or bowl. Give it a stir until it is all combined. Seal with a lid or plastic wrap.
- Let the oat mixture soak in the fridge for at least 2 hours, preferably overnight for 8+ hours (This will create a creamier consistency).
- Dice apples into a bite-sized pieces, top with pecans, and stir. Enjoy!