

Breakfast

Cinnamon Apple Overnight Oats

5 Mins
Prep Time

8 Hrs
Cook Time

1
Serving

260 Calories **5g Fat** **51g Carbs** **7g Protein**



Ingredients

1 Serving **8 Hrs (overnight) Total Time** **Allergens: Dairy, FODMAPs**

½ Cup Quick Rolled Oats

½ Cup Vanilla Almond Milk, unsweetened

¼ Cup Vanilla, Non-fat Yogurt

½ Cup Apple, peeled and diced

⅛ Tsp Ground Cinnamon

1 Tsp Honey

Allergen Swap

Dairy Use a dairy-free yogurt (soy, coconut, nut milk)

FODMAPs Omit apple and use ½ cup sliced, ripe banana; omit honey and use pure maple syrup

Nourishment Note



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. It also slows digestion, minimizing bathroom trips.



Apple

Peeled apples provide healthy, easy to digest soluble fiber important for gut health.



Cinnamon

Cinnamon may help lower inflammation within the body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

Instructions

1. Combine Ingredients

Add all ingredients to a bowl or container of choice.
Stir together.

2. Chill & Enjoy

Place in the refrigerator and enjoy several hours later,
or in the morning.

Recipe adapted from quakeroats.com

What You'll Need



Measuring Cups



Measuring Spoons



Small Serving Bowl or Container



Spoon

Remission Remix

- Keep the skin on the apple to increase fiber intake.