

Breakfast

Cinnamon Apple Overnight Oats

Side Effect: Diarrhea

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, Nuts**

1/2 Cup Old Fashioned Oats

1/2 Cup Vanilla Almond Milk, unsweetened

1/4 Cup Vanilla, Non-fat Yogurt

1/2 Cup Apple, **washed**, peeled and diced

1/8 Tsp Ground Cinnamon

1 Tsp Honey, **pasteurized**

Allergen Swap

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

Nuts Omit the almond milk; substitute for soy, rice, or cow's milk

Nourishment Note



Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.



Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

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

3. Chill & Enjoy

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

4. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: quakeroats.com

What You'll Need



Measuring Cups



Measuring Spoons



Small Serving Bowl or Container



Spoon

Fatigue Buster

- Make 2-3 overnight oats at once and have for breakfast throughout the week.