



APPLE & CINNAMON OVERNIGHT OATS

A delicious and nutritious breakfast option that's perfect for those busy mornings. These oats are packed with the comforting flavours of apple and cinnamon, and they're super easy to prepare ahead of time.



SERVES
2



PREP TIME
15 MINS



CHILL TIME
8 HOURS



DIFFICULTY
EASY



SCAN TO WATCH
THE RECIPE VIDEO

INGREDIENTS

- 1 cup rolled oats
- 1 cup Creamline Full Cream Milk
- ½ cup plain yoghurt
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 Granny Smith
- ¼ cup almonds
- 1 tsp lemon juice

DIRECTIONS

1. In a bowl, combine oats, Creamline Full Cream Milk, plain yoghurt, chia seeds, cinnamon, syrup and vanilla extract and set aside.
2. Chop apple into bite sized cubes. Chop almonds roughly.
3. In two glass jars, divide oats evenly. Add chopped apples, squeeze or drizzle lemon juice over the apples and add chopped almonds to finish. Close and store in the refrigerator overnight or for at least 8 hours.



You can prepare the oats mixture as a base and add any toppings of your choice such as a berry compote with fresh berries, sliced peaches with pecan nuts, etc.