

APPLE CINNAMON OVERNIGHT OATS

A hearty and inexpensive fall breakfast!

Serves: 2

INGREDIENTS

- 1 cup rolled oats
- 1 cup low-fat milk
- 1 apple, diced
- 1 tsp cinnamon
- 1 tsp honey (optional)

DIRECTIONS

1. Mix all ingredients in a container.
2. Refrigerate overnight.
3. Stir and enjoy cold or warm.

tradeUp tip

Trade up from
sugary cereals with
fiber-rich oats.



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