

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](http://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.