

Zucchini Bread Recipes

Apple Cinnamon Overnight Oats – Quick Healthy Breakfast

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 1 medium apple, peeled and diced
- [ ] 1 tsp ground cinnamon
- [ ] 1 tbsp pure maple syrup
- [ ] 1 tbsp chia seeds (optional)
- [ ] Pinch of salt

Topping

- [ ] Extra apple slices
- [ ] A sprinkle of cinnamon
- [ ] A drizzle of maple syrup

Instructions

1. In a mason jar or bowl, combine rolled oats, almond milk, and a pinch of salt; stir until the oats are fully submerged.
2. Add diced apple, cinnamon, maple syrup, and chia seeds; give everything a gentle mix so the apple pieces coat with spice.
3. Cover the container and refrigerate overnight, or at least for 6 hours, allowing the oats to soften and flavors to meld.
4. In the morning, give the oats a quick stir, top with fresh apple slices, an extra dash of cinnamon, and a drizzle of maple if desired; serve cold or warm briefly.

Nutrition per serving

320 kcal	9 g	58 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bowl, add an extra half tablespoon of maple syrup before refrigerating. brown sugar
- For a richer flavor, substitute half of the almond milk with coconut milk; it adds a subtle tropical note.
- You can prepare multiple jars at once for a ready-to-go breakfast all week.