



Makes 2 jars
Preparation Time: 15 minutes
Cook Time: 8 hours

INGREDIENTS:

1 cup rolled oats

1 cup chopped apple, such as Braeburn or Honeycrisp

1 cup unsweetened plant milk, such as almond, soy, cashew, or rice

2 pitted whole dates, finely chopped

2 tablespoons chopped walnuts, toasted

1 tablespoon pure maple syrup

½ teaspoon orange zest

¼ teaspoon ground ginger

Dash sea salt

Apple Overnight Oats

Pint-size canning jars are perfect for this breakfast treat. The extra headspace gives you room to stir the cereal before eating. To make an “apple pie” variation of this recipe: Prepare as directed, except substitute ½ teaspoon apple pie spice for the orange zest and ginger.

By Nancy Macklin, RDN

- 1 In a medium bowl combine all of the ingredients. If desired, divide mixture between two glass jars or bowls. Cover and chill 8 hours or overnight.
- 2 If desired, top servings with additional orange zest.