

# Overnight Apple Pie Oats

Prep Time 10 mins  
 Total Time 8 hrs  
 Meal Type Breakfast,Snack  
 Contributed By  
 Source Living Plate  
 Servings 4



## Ingredients

lb,c g,ml

- 2 cups Oats
- 4 cups Oat milk, plain, unsweetened (Or Other Non-Dairy Milk)
- 2 tsp Vanilla Extract
- 2 Apple, medium, *Chopped*
- 1/2 cup Water, *or more if needed*
- 2 tsp Cinnamon (or other spice)
- 4 Tbs Pumpkin Seeds
- 2 Tbs Coconut Flakes

## Directions

### Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

### Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 297 per serving		<b>Total Fat</b> 10.6g	16%	<b>Total Carbohydrates</b> 45g	15%
		Saturated Fat 1.9g	9%	Dietary Fiber 8g	32%
		Trans Fat 0.0g		Total Sugars 11g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 9g	
	<b>Sodium</b> 203mg	8%			
Vitamin D 0mcg 0% · Calcium 37mg 3% · Iron 3mg 15% · Potassium 328mg 6%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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