



BASIC OVERNIGHT OATS WITH APPLE PIE TOPPING

BASIC OVERNIGHT OATS

ingredients:

2/3 cup old-fashioned oats
1/2 cup fat-free milk
1/3 cup fat-free Greek Yogurt
1 teaspoon chia seeds

directions:

Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight. Toppings can be added the night before or just before serving. Stir to combine.

APPLE PIE TOPPING

ingredients:

1/2 small red delicious apple, chopped
1 Tablespoon walnuts, roughly chopped
1 Tablespoon pure maple syrup
1/2 teaspoon apple pie spice

Yield: 1 serving

Nutrition Information Per Serving:

467 Calories
11 grams Fat
1 grams Saturated Fat
4 mg Cholesterol
129 mg Sodium
73 grams Carbohydrates
8 grams Fiber
23 grams Protein

Food exchanges:

1/2 protein, 1 dairy, 1 fruit,
3 starch, 2 fat



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