

# Applesauce Overnight Oats

## INGREDIENTS

- ½ cup maple brown sugar oatmeal
- ½ cup water or low-fat milk
- ⅓ cup applesauce
- 1 tablespoon nut butter
- ½ sweet apple, diced, optional
- ½ teaspoon cinnamon, optional

TIME: 5 MINUTES  
+ OVERNIGHT  
SERVINGS: 1



Adapted from:  
[gentletummy.com](http://gentletummy.com)



# Applesauce Overnight Oats

## INGREDIENTS

- ½ cup maple brown sugar oatmeal
- ½ cup water or low-fat milk
- ⅓ cup applesauce
- 1 tablespoon nut butter
- ½ sweet apple, diced, optional
- ½ teaspoon cinnamon, optional

TIME: 5 MINUTES  
+ OVERNIGHT  
SERVINGS: 1



Adapted from:  
[gentletummy.com](http://gentletummy.com)



## PROCEDURE

1. In a medium sized bowl, add oatmeal, milk or water, applesauce, and nut butter. Stir well to ensure all ingredients are combined.
2. Cover the bowl with a lid or plastic wrap and place in refrigerator. Let chill for at least four hours, or overnight.
3. Remove from refrigerator and enjoy!

**Optional step:** In a small pan, add diced apples and cinnamon. Stir and sauté over medium heat for 4-5 minutes, or until soft. Add apples on top of oatmeal.

## PROCEDURE

1. In a medium sized bowl, add oatmeal, milk or water, applesauce, and nut butter. Stir well to ensure all ingredients are combined.
2. Cover the bowl with a lid or plastic wrap and place in refrigerator. Let chill for at least four hours, or overnight.
3. Remove from refrigerator and enjoy!

**Optional step:** In a small pan, add diced apples and cinnamon. Stir and sauté over medium heat for 4-5 minutes, or until soft. Add apples on top of oatmeal.