

# Apple Cinnamon Overnight Oats

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/overnight-oats-recipes>

## Ingredients:

- 1/2 cup oats Quaker®, quick or old fashioned, uncooked Buy Now
- 1/2 cup milk low-fat
- 1/4 cup yogurt low-fat
- 1/2 cup apple chopped
- 1/8 teaspoon canela
- 1 teaspoon honey
- 1 teaspoon chia seeds

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 30 milligrams
9. Sugar: 5 grams

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