



Dash
of
Wellness

Overnight Nutty Apple Oatmeal

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1/3 cup rolled oats (*gluten free for a celiac friendly option*)
1/3 cup nonfat milk
1 Tbsp. maple syrup
1 Tbsp. cinnamon or apple pie spice

1/2 cup apple, washed & diced
1 Tbsp. chopped walnuts

Directions

1. Wash hands with soap and water. Combine oats, milk, spice, and syrup in a pint jar. Top with apples and walnuts.
2. Cover and refrigerate for 4-8 hours. Remove from refrigerator, shake, and enjoy! **Yield:** 1 Serving

Nutrition Facts (per serving): 330 *calories*, 9 *grams fat*, 40 *milligrams sodium*, 62 *grams carbohydrate*, 10 *grams fiber*, 8 *grams protein*

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