

Overnight Apple-Cinnamon Oats

Delicious, easy-to-make breakfast dish with a hint of sweetness.



Breakfast Dish

American

5 min

Total time

Easy

Difficulty

412

kcal / serving

Ingredients

- Oats: 3/4 cup
- Walnuts: 1 tbsp
- Coconut: 2 tsp
- Chopped apples: 2-3 tbsp
- Cinnamon: 1/2 tsp
- Honey: 1 tbsp

Steps

- 1 Combine the oats, walnuts, honey, and cinnamon together in a medium bowl.
- 2 Transfer to a mason jar or any other bowl of choice.
- 3 Top the oats with the chopped apples and coconut.
- 4 Refrigerate the oats overnight, or prepare right before eating.
- 5 Serve cold or warm up by microwaving the oats for 1 minute, depending on your preference.