



### APPLE & SPICE OVERNIGHT OATMEAL

Easy to get ready the night before when we know we have a busy morning

 5 minutes 5 minutes 1 portion

## INGREDIENTS

- 1/4 cup of cereals, QUAKER, Quick Oats, Dry [20 g]
- 150 grams of yogurt, Greek, plain, lowfat
- 1/4 tsp of spices, cinnamon, ground [1 g]
- 1 small unit of apples, raw, fuji, with skin [158 g]
- 1/4 cup of beverages, almond milk, unsweetened, shelf stable [66 g]

## COOKING METHOD

- 1° Grate the apple flesh with the skin
- 2° Combine oats, yogurt, almond milk, cinnamon and grated apple in storage container. Cover and refrigerate overnight.
- 3° Eat fresh and cool. Easy to grab and go

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [394 g]	% DRI
ENERGY	75 kcal	295 kcal	15 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	4 mg	15 mg	5 %
SODIUM	25 mg	100 mg	4 %
CARBOHYDRATE	11 g	45 g	15 %
SUGARS	6 g	25 g	—
FIBER	1 g	6 g	23 %
PROTEIN	5 g	18 g	—