

# APPLE PIE OVERNIGHT OATS

Makes 1 serving

## INGREDIENTS

1/4 cup oats, rolled, unenriched, quick cooking  
1/2 cup vanilla low-fat yogurt  
1 oz. 1% white milk  
1/8 tsp ground cinnamon  
1/2 cup unsweetened applesauce

## INSTRUCTIONS

1. Combine dry oats, yogurt, milk and cinnamon together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.
6. Garnish with sprinkle of cinnamon.

## NUTRITIONAL FACTS: PER SERVING

Calories: 209	Calcium: 264 mg
Total Fat: 2.63 g	Protein: 9.37 g
Saturated Fat: 1.32 g	Carbohydrates: 39.42 g
Cholesterol: 9 mg	Dietary Fiber: 3 g
Sodium: 121 mg	

