



Easy Overnight Oats

The Ingredients

- 1/3 cup skim milk
- 1/4 cup unsweetened applesauce
- 1/4 cup old-fashioned rolled oats
- 1/4 cup low-fat plain Greek yogurt
- 1/4 cup diced apples
- 1 1/2 teaspoons dried chia seeds
- 1/4 teaspoon cinnamon
- Handful of fresh blueberries

Directions

- Place the oats, applesauce, yogurt, apples, chia seeds and cinnamon in a 1-pint Mason jar. Top with skim milk.
- Screw on the lid and shake well to combine, about 15 to 30 seconds.
- Refrigerate overnight until the oats are soft and have absorbed the liquid.
- Top with blueberries and eat chilled.