



# Ashley's Meal Prep Monday!



## Apple Cinnamon Overnight Oats

### INGREDIENTS

1 TBSP unsalted butter  
or coconut oil

1 large apple of choice,  
peeled cored and diced

1 TSP cinnamon (or more  
if you choose)

2 TBSP maple syrup

1-2 TSP chia seeds

3 cups old fashioned oats  
divided to 1/2 per serving

3-ish cups almond milk

6 mason jars or other  
small containers, jelly  
jars

in a non stick pan over medium high heat, melt the butter or coconut oil. Add apples and cinnamon and cook, stirring for about 5 or so minutes until apples have softened. Once soft, add in the maple syrup and turn off the heat.

Fill each jar with 1/2 cup of oats and 3/4 cup of almond milk as well as chia seeds. Divide the cooked apple mixture and evenly distribute inside each glass jar. Stir again to combine and top with a lid.

Place in the fridge overnight and enjoy cold or warmed up for 30 seconds or so in the microwave. You can also add in nuts, more syrup, flax seed, and vanilla.



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