



Cinnamon-Roll Overnight Oats

Yield: 5 servings. Recipe from allrecipes.com.

Ingredients

- 2 1/2 cups old-fashioned rolled oats
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons light brown sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 5 8-ounce Mason Jars

Nutritional info

Calories	191
Total Fat	4g
Sodium	323mg
Total Carbohydrates	32g
Dietary Fiber	4g
Protein	6g
Calcium	271mg
Iron	2mg
Magnesium	65mg

Directions

1. Stir oats, milk, brown sugar, vanilla, cinnamon and salt together in a large bowl.
2. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.

Notes

It takes just minutes to assemble this healthy no-cook breakfast, and you'll have meal-prepped grab-and-go breakfasts on hand for the rest of the week.

How to Serve Cinnamon-Roll Overnight Oats

Top these delicious no-cook oats with fresh fruit, such as strawberries, raspberries, or blueberries. Add your favorite nuts and seeds for extra crunch and texture.