

# RECIPE



## JAMESMONT RANCH APPLE CINNAMON OVERNIGHT OATMEAL

### INGREDIENTS

1	CUP	UNCOOKED OLD FASHIONED ROLLED OATS (DO NOT USE STEEL CUT)
1 1/3	CUPS	MILK
1	CUP	GREEK YOGURT
6	TSP	DRIED CHIA SEEDS
2	TSP	CINNAMON
4	TSP	HONEY
1	CUP	ORGANIC UNSWEETENED APPLESAUCE
1/2		APPLE, DICED (EITHER GRANNY SMITH OR HONEY CRISP)

### METHOD

IN A MIXING BOWL, ADD ALL INGREDIENTS, EXCEPT THE DICED APPLE, AND STIR UNTIL WELL MIXED. POUR INTO FOUR 12 OUNCE GLASS JARS THAT HAVE LIDS. COVER THE JARS AND SEAL IF POSSIBLE. PLACE IN REFRIGERATOR OVERNIGHT OR UP TO 2 DAYS. REMOVE FROM REFRIGERATOR. DICE 1/2 APPLE AND SPLIT EVENLY BETWEEN ALL FOUR JARS, PLACING APPLES ON TOP OF OATMEAL. SERVE!

THIS RECIPE WAS ADAPTED FROM MONICA MATHENY'S "OVERNIGHT, NO-COOK REFRIGERATOR OATMEAL".  
[WWW.THEYUMMYLIFE.COM/REFRIGERATOR\\_OATMEAL](http://WWW.THEYUMMYLIFE.COM/REFRIGERATOR_OATMEAL).