



Cinnamon-Walnut Overnight Oats

Prep: 10 minutes | Chill: 8 hours | Total: 8 hours 10 minutes

Yield: 1 servings | Serving Size: 1 batch

Ingredients

- ½ cup old fashioned (rolled) oats
- 1 cup low-fat milk
- 1 tablespoon chia seeds
- ⅛-¼ teaspoon ground cinnamon
- 1 cup fresh fruit, diced
- 2 tablespoons walnuts, roughly chopped

Directions

1. In a mason jar or single-serving storage container, stir together the oats, milk, chia seeds, and cinnamon.
2. Add the fruit and walnuts.
3. Cover with a lid and refrigerate at least 8 hours, or overnight.
4. In the morning, grab and go or heat in the microwave for 1-2 minutes if desired.

Recipe Notes

- If you can't have regular milk, substitute a non-dairy alternative like soy or almond milk.
- Try hemp seeds or ground flax seed instead of chia seeds.
- Add ¼ cup dried fruit such as raisins or craisins instead of fresh fruit.
- Swap slivered almonds or other chopped nuts for the walnuts.
- For more crunch, add the walnuts in the morning before serving.

**Nutrition Facts Per Serving: Calories: 460 | Total Fat: 18 g | Saturated Fat: 3 g
Sodium: 115 mg | Total Carbohydrate: 65 g | Dietary Fiber: 13.5 g | Protein: 17.5 g**

Submitted by Janelle York, MS, RD
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