Apple Pie Overnight Oats

SERVES 4

Erin Hall
Qualified Nutritionist

Embrace the flavours of early autumn with Apple Pie Overnight Oats, featuring crisp, juicy red apple as the star of the season. Naturally sweet and fibre-rich, this no-cook, no-fuss breakfast is the perfect way to welcome cooler mornings. Blended with creamy coconut yogurt, warming cinnamon, and almond butter, it delivers a cozy, spiced flavour while staying light, dairy-free, and refined sugar-free. Simply prep it the night before for an effortless, nutrient-rich start to your day!

Ingredients:

1 cup unsweetened almond milk
1/2 cup greek coconut yogurt
1 teaspoon vanilla bean extract
2 tablespoons organic maple syrup
2 tablespoons almond butter
1 cup red apple, finely grated
1 cup rolled oats
1 tablespoon chia seeds
1 teaspoon ground cinnamon
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1 tablespoon chia seeds
1 teaspoon ground cinnamon

To serve:

1/3 cup raw almonds, roughly chopped
1/2 red apple, finely sliced
2 tablespoons almond butter
Sprinkle of cinnamon

Method:

In a large bowl or jar, whisk together the almond milk, Greek coconut yogurt, vanilla bean extract, maple syrup and almond butter until smooth.

Stir in the grated apple, rolled oats, chia seeds and cinnamon. Mix well to ensure everything is evenly combined.

Cover and refrigerate the mixture for at least 4 hours or overnight to allow the oats and chia seeds to absorb the liquid and soften.

Divide the overnight oats into four serving bowls or jars. Top with sliced apple, chopped almonds, a drizzle of almond butter and a sprinkle of cinnamon.

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