

OVERNIGHT APPLE PIE OATS



INGREDIENTS:

- 1 cup Steel-cut Oats
- 3 cups unsweetened almond milk
- 2 medium apples (chopped)
- 1 cup egg whites
- 1 tsp coconut oil
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- 2 Tbsp maple syrup or honey
- Splash of lemon juice

DIRECTIONS:

1. Add all ingredients to slow cooker and set it on low the night before you plan to enjoy it
2. In the morning give it a good stir and serve
3. Optional: Top with chopped nuts or seeds. Or stir in all natural peanut butter.

Store leftovers in the fridge up to a week. To reheat, add a splash of almond milk and microwave.

Enjoy!

Makes 6 Servings

1 Serving = Calories: 187 | Protein: 9 gm | Carbs: 31 gm | Fat: 4 gm