

Cinnamon roll overnight oats

Fuel your body with the energy it needs to get through the day. 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.



Ingredients

- 2½ cups old-fashioned rolled oats
- 2½ cups unsweetened nondairy milk, such as almond or coconut
- 8 teaspoons light brown sugar
- 2½ teaspoons vanilla extract
- 1¼ teaspoons ground cinnamon
- ½ teaspoon salt

Preparation

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

Nutrition

Serving Size: 2/3 cup

Calories: 197 | Fat: 4.3g | Protein: 5.5g | Carbs: 34.7g | Sodium: 317mg

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