



Sparkle Kitchen

Overnight Apple Spiced Oats (makes 1 serving)

Ingredients

1/2 cup old-fashioned oats

1/2 teaspoon cinnamon

1/4 teaspoon cardamom

a pinch of salt

1/2 cup milk

1/4 cup Greek yogurt

1 teaspoon honey (or maple syrup)

1/2 medium apple, diced

Directions

Using the order listed above, layer all of the ingredients, except the apples, in a 16-ounce mason jar, or other similarly sized container. Put the lid on and give the jar a good shake, then open it back up and gently fold in the diced apple. Put the lid on again, and pop the whole jar into the refrigerator at least overnight, but for up to 5 days.

In the morning, you can eat these oats straight out of the jar, or move them into a proper bowl. They're delicious and creamy served cold, but they can be microwaved for a minute if you prefer them warm for a chilly fall morning.