

DMC

PRIMARY CARE

Cinnamon Roll Overnight Oats

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. Top these delicious vegan oats--inspired by classic cinnamon bun flavors--with fresh or frozen fruit and your favorite nuts and seeds.

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Source: EatingWell.com, October 2018

Prep: 5 mins Total: 8 hrs

Servings: 5



Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 2 Tbsp honey/maple syrup or Swerve sweetener
- 2 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

Instructions

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

Tips

People with celiac disease or gluten-sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

To make ahead: Refrigerate for up to 5 days.

Source: <https://www.eatingwell.com/recipe/268775/cinnamon-roll-overnight-oats/>