

# APPLE PIE OVERNIGHT OATS

By Annie Falk



## ARE YOU TIRED OF COOKING AT HOME?

You are not alone! The flavors in this recipe are really satisfying and take the pressure off in the mornings when you want to take it easy. Mix up your ingredients and let time do the rest of the work. Wake up and voilà! Breakfast. Enjoy the comfort of apple pie and the ease of overnight oats. You deserve and stress-free morning. Think of this recipe as way to save more time for self-care and self-care is not selfish. It's essential. Find the recipe on [www.anniefalk.com](http://www.anniefalk.com).

**P.S. IT'S JUST AS DELICIOUS HOT OR COLD.**

## RECIPE INGREDIENTS

- 2 cups old-fashioned rolled oats
- 2 cups chopped apple
- 2 cups almond milk, unsweetened
- 4 pitted whole dates, finely chopped
- 3 tablespoons chopped walnuts, toasted
- 2 tablespoons Grade B Maple Syrup
- 1 teaspoon grated orange zest
- 1/2 teaspoon ground ginger
- 1/4 teaspoon sea salt
- Cinnamon to taste
- Cinnamon stick - garnish
- Star anise - garnish

## RECIPE INSTRUCTIONS

In a medium bowl, combine all the ingredients, except for the cinnamon and apples. Cover and chill overnight, or a minimum of 8 hours.

When ready to serve, divide among four bowls, placing apples on top, sprinkle with cinnamon and garnish with cinnamon sticks and star anise.

*Yield: Serves 4*