

Tropical Overnight Oats

Ingredients:

- 1 cup plain old-fashioned oats
- 2 cups unsweetened vanilla almond milk
- 1 granny smith apple without the core, cubed
- 3/4 cup crushed pineapple
- 1/2 cup raisins
- 1/4 cup unsweetened finely shredded coconut



*VEGAN



*GLUTEN-FREE

Nutrition Facts

5 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 231mg	20%
Iron 2mg	10%
Potassium 370mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Add the crushed pineapple to a container first and then proceed to cut the apple and toss the pieces to the container immediately so the acidity of the pineapple will prevent the apple from getting brown.
2. Combine all the other ingredients. Cover the container and refrigerate overnight.
3. If you don't want to eat it very cold, warm up in the microwave for about 30 seconds.

Storage: Keep leftovers in the fridge for up to five days.

Recipe by Maggie Carneiro