

Oatmeal Recipes

Apple Turnover Overnight Oats



INGREDIENTS

- 1 packet Apple Cinnamon Oatmeal
- 1 tsp Flax seeds, ground
- 1 Tbsp Walnuts, chopped small
- ½ cup Water

DIRECTIONS

- 1 Stir all ingredients well in a small container.
- 2 Cover and place in refrigerator overnight, or at least 4 hours.
- 3 Enjoy cold the next day with a spoon.

Nutrition: 180 calories, 8 g fat, 12 g carbohydrates, 17 g protein, 2 g fiber



40% fat, 25% carb, 35% protein