

Cinnamon Roll Overnight Oats



Ingredients

2 ½ cups old-fashioned rolled oats

2 ½ cups unsweetened nondairy milk, such as almond or coconut

6 teaspoons light brown sugar

1 ½ teaspoons vanilla extract

1 ¼ teaspoons ground cinnamon

½ teaspoon salt

Directions

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.

Nutrition Facts

Servings Per Recipe	5
Serving Size	2/3 cup
Calories	191
Total Fat	4g
Saturated Fat	1g
Sodium	323mg
Total Carbohydrate	32g
Dietary Fiber	4g
Total Sugars	4g
Added Sugars	4g
Protein	6g