

Kidney-Friendly  Heart Healthy

Apple-Cinnamon Overnight Oats

Makes 1 serving



Mix dry oats, almond milk, cinnamon, and chia seeds in a small container. Let oat mixture sit in the fridge overnight. When ready to eat, top with diced apples and walnuts.

Ingredients

½ cup old fashioned oats
1 cup unsweetened almond milk
1/2 cup diced apples
1 tsp chia seeds
1 tsp ground cinnamon
1 tsp walnuts

Nutrition Facts Per Serving

Calories 255
Carbohydrates 41 g
Protein 7 g
Total Fat 8 g
Phosphorus 191 mg
Potassium 405 mg
Sodium 174 mg

This recipe originally appeared on www.thelazydish.com and has been modified for a kidney-friendly diet.
<https://www.thelazydish.com/3-ingredient-peanut-butter-cheerio-bars/>

