

Cinnamon Roll Overnight Oats

Swick

Serves 1 | Active Time: 5 minutes | Total Time:

Step 1: Make Oats

- 2 1/4 cups rolled oats
- 12 fl oz unflavored plant milk plus more as needed (\approx 1 1/2 cups)
- 2 1/4 tablespoons pure maple syrup
- 1 1/2 tablespoons pecans (optional) chopped
- 2 1/4 teaspoons ground cinnamon
- 3/4 teaspoon pure vanilla extract
- 1/3 teaspoon ground ginger
- 2 dashes allspice or freshly grated nutmeg
- 1/3 teaspoon sea salt

In a bowl or a jar, combine all ingredients; stir well. Cover and chill in the refrigerator overnight (or for several hours).

When serving, add more plant milk to thin, if desired.