

Apfelmus-Overnight-Oats



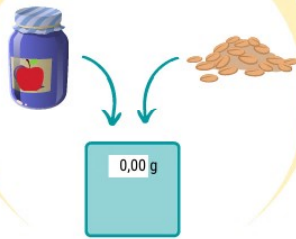
Zutaten

1 Apfel
100 g Apfelmus
240 ml Milch
100 g Haferflocken
1/2 TL Zimt
1 Prise Salz

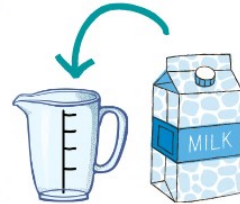


Start

abwiegen



abmessen



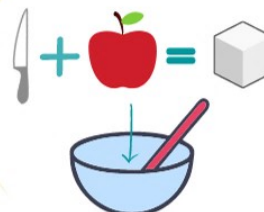
waschen



verrühren



in Würfel schneiden



zzz
über Nacht in
den Kühlschrank

Ziel