

Overnight Oats

MAKES 1 SERVING



INGREDIENTS

½ cup oats (steel cut or rolled oats)
¾ cup unsweetened, dairy free milk of choice (almond, oat, soy, etc.)
1 heaping tablespoon of chia seeds
1 ripe banana (optional)

Variety of toppings: fruit, cinnamon, nuts, nut butter, dates, maple syrup

Instructions

- In a 16 ounce mason jar or container of choice, mash the banana (if using) until almost smooth.
- Add the rest of the overnight oat ingredients and stir until smooth.
- Put the lid on the mason jar or cover the container and refrigerate overnight.
- In the morning, add toppings of choice.



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