

# OVERNIGHT OATMEAL

**TOTAL PREP TIME: 5 MINUTES**

**SERVINGS: 1 | SERVING SIZE: 1**

## NUTRITION FACTS

392 calories  
Total Fat: 11g  
Saturated Fat: 2.5g  
Carbohydrates: 51g  
Fiber: 8g  
Protein: 18g  
Sodium: 175mg  
Cholesterol: 5mg

## INGREDIENTS

- 1/2 banana
- 1/2 cup rolled oats
- 1 cup milk of choice (almond, dairy, soy, etc.)
- 1 tbsp peanut butter
- 1 tsp cinnamon
- Optional: 1 tsp sweetener of choice (honey, maple syrup, sugar, etc.)

## DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Mash banana with a fork and add to a jar or bowl.
3. Use a fork to whisk in the remaining ingredients until well distributed.
4. Cover jar or bowl and place in refrigerator overnight. Serve cold or warm when ready to eat.

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## NUTRITION AND RECIPE TIPS

- Rushed on time in the mornings? Overnight oats is a perfect option if you have a busy schedule-grab and go! Mason jars are reusable and easy to wash.
- Boost your daily antioxidants by adding your favorite fruits and berries to your oatmeal. Fruits add natural sweetness and color to brighten your meal.
- Excellent source of:
  - **calcium:** important for heart and bone health.
  - **fiber:** helps you feel fuller longer and may lower risk of colorectal cancer.
  - **iron:** prevents anemia; aids in body growth and development.
  - **potassium:** important for healthy blood pressure and muscle contraction.