

# Berry-Banana Overnight Oats

Think you are too busy to eat breakfast? Not anymore! Make these nutritious overnight oats the night before and speed up your morning routine. This recipe is a good source of whole-grains, antioxidants, omega-3 fatty acids, protein and fiber which will help keep you satisfied until lunch time!

## Ingredients

1/2 medium-size ripe banana  
1/4 cup plain reduced-fat Greek yogurt  
1/2 cup old-fashioned rolled oats  
1 tsp chia seeds  
1/8 tsp salt  
2/3 cup low-fat milk  
1/4 cup frozen thawed mixed berries  
1 Tbsp chopped walnuts

## How to Make It

**Step 1:** Place banana in a small bowl, use a fork to thoroughly mash. Add yogurt, mix to combine.

**Step 2:** Add oats, chia seeds, salt, and milk; mix well. Cover and refrigerate overnight or at least 6 hours.

**Step 3:** Top with mixed berries and walnuts.

## Nutritional Information

424 calories, 12g total fat, 3g saturated fat, 2g monounsaturated fat, 5g polyunsaturated fat, 21g protein, 63g carbohydrate, 416 mg sodium, 12g fiber

(Serves 1: serving size 1 cup)

Adapted from: Cooking Light



# Building Overnight Oats



Layer #5: Other fruits as desired.

Layer #6: Milk such as low-fat cows' milk, almond milk, or soy milk.

Layer #4: Banana.

Layer #3: Chia Seeds.

Layer #2: Sweetener such as honey, yogurt, and maple syrup.

Layer #1: Old fashion rolled oats.

