

# OVERNIGHT OATS

## Ingredients

40 g (½ cup) rolled oats  
4 oz (½ cup) almond milk  
125 g (½ cup) vanilla Greek yogurt  
½ very ripe banana, mashed  
1 Tbsp. cocoa powder (optional)

## Toppings

Raspberries to garnish  
32 g (2 Tbsp.) almond butter  
Cinnamon

## Alternatives

- Substitute almond milk with any type of milk (dairy or non-dairy).
- Choose plain or flavored yogurt (but check the sugar content).
- Use rolled oats or steel-cut oats.
- Vary the toppings. For example, add blueberries and flaxseeds, or pineapple, coconut, and mango.

## Directions



In a container that you can cover, combine the mashed banana, oats, almond milk, yogurt, and cocoa powder.



Stir until all ingredients are well mixed.

*Rolled oats, nut butter, and almond milk contain protein to fill you up in the morning.*



Seal your container and refrigerate overnight.



In the morning, garnish with your favorite toppings (berries, nut butter, cinnamon, etc.)

*Bananas and raspberries both provide Vitamin C and potassium.*