Overnight Oats
Serves 1



Ingredients

- ½ cup rolled oats
- ¾ cup non-dairy milk
- 2 Tb chia seeds
- ½ banana, mashed
- ½ tsp cinnamon
- 1 Tb walnuts

Directions

- Combine all ingredients in a sealable jar or bowl. Mix well.
- Place in fridge overnight and enjoy in the morning!

Tip: Want to change it up? Swap in different nuts and seeds (pumpkin, sunflower, hemp, etc.) for the walnuts, add berries in place of the banana, sweeten with a touch of maple syrup.

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