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

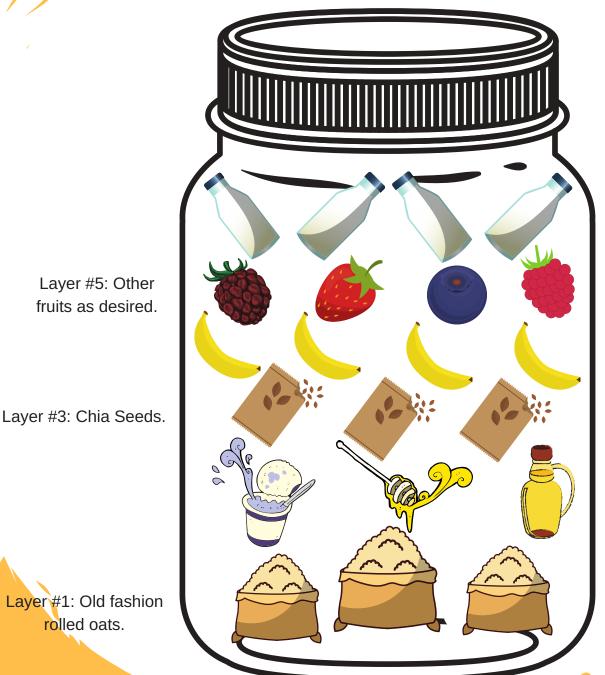
424 calories, 12g total fat, 3g saturated fat, 2g monounsaturated fat, 5g polyunsaturated fat, 21g protein, 63g carbohydrate, 416 mg sodium, 12g fiber

(Serves 1: serving size 1 cup)

Adapted from: Cooking Light



Building Overnight Oats



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

Layer #4: Banana.

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

Layer #1: Old fashion

rolled oats.

Layer #5: Other fruits as desired.

