

Overnight Oats – Banana Bread

Makes 1 serving

Ingredients:

1 medium banana

1/3 cup oats

¼ cup low fat plain yogurt

½ cup unsweetened almond milk

1 tbsp chia seeds or ground flax

½ tsp cinnamon

1 tbsp pecans (or almonds, sunflower seeds, pumpkin seeds, chopped walnuts, etc.)

Optional: maple syrup, honey or agave nectar for sweetness.

To reduce calories, skip the 2nd banana half and sweeten with Zylitol or stevia.

Directions:

1. Mash half of the banana in a jar, container, or bowl.
2. Next, add the oats, yogurt, milk, chia sees, cinnamon and stir to combine.
3. Refrigerate overnight.
4. The next morning top with pecans (or other nuts) and the remaining half banana and enjoy.