

Overnight Oats with Banana & Walnuts

Allergens: Nuts, dairy

Total Servings: 2 Servings

Total Time: 5 minutes

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Ingredients:	Cost per ingredients:	Cost per recipe:	Cost per serving
1 cup - old fashion rolled oats	\$2.58 / 42oz container	\$0.49	0.25
1 cup - low-fat milk or milk sub.	\$2.10 / ½ gallon	\$0.26	\$0.13
1 - ripe banana	\$0.47 / pound	\$0.19	\$0.10
2 TBSP - walnuts	\$3.28 / 8oz bag	\$0.41	\$0.21
¼ TSP - cinnamon	\$1.18 / 2.5oz container	\$0.01	\$0.005
Total:	\$9.61	\$1.36	Approx. \$0.70

*Prices based on Walmart.com

Directions:

1. In a Mason jar or container of your choice, add oats, mashed banana, walnuts and cinnamon. Pour in the milk and gently stir until combined.
2. Place in the refrigerator overnight or for at least 8 hours
3. When ready to serve top with additional milk if desired. You may heat if desired.

