

# Overnight Oats with Banana & Walnuts

Makes 2 servings

## Ingredients:

- 1 cup old fashion rolled oats
- 1 cup non-fat or low-fat milk or milk substitute ( I use Fairlife)
- 1 ripe banana
- 2 Tbsp. chopped walnuts
- ¼ tsp cinnamon

## Directions

1. To 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.

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Nutrition calculation per serving:

- Calories 375
- Total fat: 15 gm (based on 2% milk)
- Total carbohydrate: 47 gm
- Protein: 15 gm