





OVERNIGHT OATS

This oatmeal favorite never gets old. Toss the ingredients together the night before and it'll be ready to go in the morning.

 5 minutes

 0 minutes

 4 servings

 1 cup

2 cups rolled oats
 2 cups unsweetened almond or soy milk
 3 tablespoons ground flaxseed (or whole chia seeds)
 1 teaspoon ground cinnamon
 2 ripe bananas, chopped
 pinch salt
 1 teaspoon alcohol-free vanilla extract

OPTIONAL MIX-INS

blueberries, chopped nuts

- 1 In a large bowl, mix all ingredients together, including the optional mix-ins.
- 2 Cover and leave in fridge overnight, or at least 2 hours.
- 3 Give it a stir in the morning and serve cold with additional berries and nuts on top.

 *Can keep in the fridge for 2-3 days.*

Per 1-cup serving: 184 calories, 5.6g fat (0.7g saturated), 0mg cholesterol, 134mg sodium, 20g carbohydrates, 8.1g dietary fiber, 4g sugar, 7.3g protein

