



Nut Butter Banana Overnight Oats

Serves 1

1/2 cup gluten-free rolled oats
1/2 cup milk of choice
1 tablespoon chia seeds
1 tablespoon nut butter
1/2 banana, sliced
Pinch of cinnamon

Instructions:

1. In a mason jar or container with a lid, combine oats, milk, chia seeds, and cinnamon. Stir until well combined.
2. Cover and refrigerate for at least 4 hours or overnight.
3. In the morning, top with banana slices and nut butter. Stir and enjoy cold!

GF

V

Prep

Refrigerate

10 mins

4hrs+