

Overnight Oats

Ingredients

- 1/2 cup rolled oats
- 1/2 cup of soy milk (or almond milk or cow's milk)
- 1/2 banana, mashed OR yogurt (both optional)

Toppings:

- 1/4 apple, diced
- 1/2 teaspoons cinnamon
- 2 teaspoons honey
- *Other topping ideas: 1 tablespoon peanut butter, blueberries, almonds*



Directions

1. Mix together rolled oats, milk, and mashed banana into jar or bowl. Refrigerate overnight or for at least 5 hours.
2. In the morning, add any extra milk/liquid for consistency.
3. Add toppings desired. Enjoy a quick breakfast!

Recipe adapted from

<http://www.foodnetwork.com/healthyeats/recipes/2015/05/as-you-like-it-overnight-oats-for-breakfast>

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