Overnight Oats

Ingredients

- ½ cup rolled oats
- ½ cup of soy milk (or almond milk or cow’s milk)
- ½ banana, mashed OR yogurt (both optional)

Toppings:

- ¼ apple, diced
- ½ 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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