

# **BANANA BLUEBERRY OVERNIGHT OATS**

*(recipe adapted from dietitiandebbie.ca)*

## **INGREDIENTS:**

- 1/2 cup rolled oats
- 1/4 cup milk (or plant-based milk alternative)
- 1/4 cup plain greek yogurt
- 1/2 banana mashed
- 1 tbsp honey
- 1 tbsp chia seeds
- 1/4 tsp cinnamon
- 1/4 cup frozen blueberries

## **INSTRUCTIONS**

- in a large mouth mason jar, add the oats, almond milk, yogurt, honey, chia seeds, cinnamon, banana and berries.
- stir well with a spoon
- cover and chill in the fridge overnight
- in the morning, top with sliced almond and coconut flakes if you like!

*Recipe adapted by Nicole Gawthrop, RD*