

Banana Blackberry Overnight Oats



Ingredients:

- 1 cup blackberries, fresh or frozen
- 1/2 banana
- 1/2 cup low-fat or non-fat milk
- 1/2 teaspoon vanilla extract
- 1/2 cup rolled oats

Directions:

1. In a medium bowl, mash blackberries and banana.
2. Add milk and vanilla and stir to combine.
3. Stir in rolled oats and cover.
4. Refrigerate overnight. Serve cold.

Makes 1 serving.



Tarrant County Public Health
<http://health.tarrantcounty.com>