

Banana Pineapple Overnight Oats



Ingredients:

- 2/3 cup old fashioned oats, uncooked
- 2/3 cup low- fat or skim milk
- 2/3 cup non-fat Greek yogurt
- 1/8 tsp cinnamon
- 1 cup fresh or canned pineapple chunks
- 1 medium banana
- 2 tablespoons sliced almonds

Directions:

1. Mix oats, milk, yogurt, and cinnamon into two bowls.
2. Cover and refrigerate overnight.
3. In the morning, top with pineapple, banana, and almonds.

Makes 2 servings.



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