

## Banana Nut Overnight Oats



### Ingredients:

- 1/4 cup quick-cooking oats
- 1/2 banana, thinly sliced
- 1/4 cup almond milk
- 1/4 cup Vanilla Greek yogurt
- 1 teaspoon ground cinnamon
- 1 teaspoon honey
- 2 tablespoons toasted nuts of your choice, almonds, walnuts, or peanuts

### Directions:

1. In a jar with a lid, place the oats, cinnamon and milk. Stir to mix well.
2. Layer the bananas on top of the oats and milk.
3. Place the yogurt on top of the banana.
4. Place the lid on the oat mixture. Refrigerate the oats for at least four hours, overnight is preferred.
5. Drizzle the oats with honey and nuts just before serving.

Makes 1 serving.



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