

BANANA WALNUT OVERNIGHT OATMEAL



INGREDIENTS

- 1/3 cup rolled oats
 - 1/2 cup coconut milk (or milk of your choice)
 - 1/3 cup of plain or Greek yogurt
 - 1 tbsp honey (or sweetener of your choice)
 - 1/4 tsp cinnamon
 - 1/4 tsp vanilla extract
 - Pinch of salt
- For Serving:
- 1/4 cup chopped walnuts
 - 1 banana, peeled & sliced

INSTRUCTIONS

1. Stir all ingredients into two bowls.
2. Cover and place in refrigerator overnight.
3. Heat in microwave when ready to eat or enjoy chilled.
4. Top with walnuts and banana slices just before serving.
5. Will not work with steel cut oats
6. Enjoy!

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NUTRITION FACTS

Serving Size: 1

Number of Servings: 2

Calories	402
Total fat	25.1 g
Saturated fat	13.8 g
Cholesterol	2 mg
Sodium	117 mg
Total carbohydrates	39.4 g
Dietary fiber	5.5 g
Sugar	21.1 g
Protein	9.9 g
Vitamin D	0 mcg
Calcium	108 mg
Iron	2 mg
Potassium	603 mg

