

Maple Banana Overnight Oats

2 servings • Category: Breakfast • Generated by Nutrifax

Ingredients

- 2 x 40 g Cereal (hot, oats, instant: regular, dry)
- 3/4 cup Milk (fluid, whole, producer, 3.7% M.F.)
- 2 tbsp Sweets (syrops, maple, bulk)
- 1 tsp Vanilla extract
- 1/2 tsp Spices (cinnamon, ground)
- 1 x 1 medium (18cm to 20cm long) Banana (raw)
- 1 x 1 dash Salt (table)

Instructions

1. In a medium bowl, combine the oats, milk, maple syrup, vanilla extract, cinnamon, and a pinch of salt. Stir well.
2. Divide the mixture between two mason jars or airtight containers.
3. Cover and refrigerate for at least 4 hours or overnight.
4. In the morning, slice the banana. Top each jar with banana slices.
5. Stir and enjoy cold, or microwave for 1-2 minutes if you prefer it warm. Add a splash more milk if too thick.