

# Cinnamon-Banana Overnight Oats

Prep: 5 minutes | Chill: 5 hours | Total: 5 hours 5 minutes

Yield: 1 serving | Serving Size: 1 jar or container

## Ingredients

½ medium banana, peeled

½ cup old-fashioned (rolled) oats

½-¾ cup lowfat (1%) milk, adding more for a thinner consistency if desired

1 tablespoon hulled hemp seeds (hemp hearts)

1-3 teaspoons sweetener (e.g. maple syrup, brown sugar, honey), to taste

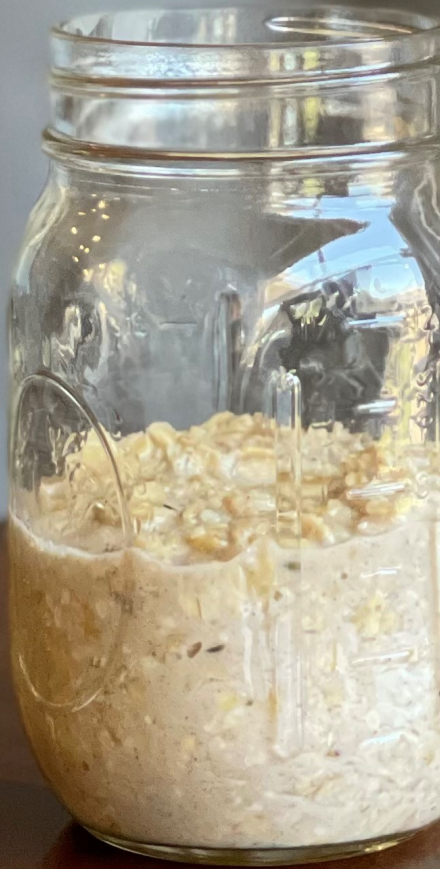
¼ teaspoon ground cinnamon

## Directions

1. Add the banana to a pint-sized jar or other container with a lid. Mash with a fork.
2. Add the oats, milk, hemp seeds, selected sweetener, and cinnamon. Stir with the fork to combine.
3. Place in the refrigerator and chill overnight, or at least 5 hours.
4. Serve cold, or warm briefly in the microwave before serving.

## Recipe Notes

- Ground flaxseed (flax meal) or chia seeds can be substituted for the hemp seeds, if desired. If making this change, increase the milk by ¼ cup.
- After the overnight soak, try sprinkling on some chopped toasted nuts for additional texture and flavor.
- Overnight oats will keep in the refrigerator for up to 7 days. Make multiple batches for an easy breakfast option throughout the week.



Nutrition Facts Per Serving: Calories: 320 | Total Fat: 8.5 g | Saturated Fat: 2 g  
Sodium: 50 mg | Total Carbohydrate: 50 g | Dietary Fiber: 6 g | Protein: 12.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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