



STRAWBERRY BANANA OVERNIGHT OATS

INGREDIENTS

- 3/4 cup rolled oats
- 1 Tbsp maple syrup
- 1/2 cup banana
(peeled and diced)
- 1/2 cup strawberries
(diced)
- 3/4 cup milk
- Mason jar or other type of plastic tupperware

PREP TIME

- Prep | 10 m
- Chilling | 8 h

PROCEDURE

01

Place rolled oats in a 16 oz. mason jar. Add in Maple syrup, bananas, and strawberries. Last, pour in milk.

02

Place the lid on and shake well. Keep in the fridge to chill overnight for 8 hours.

03

Stir and add more milk as needed before serving. Enjoy!

TIPS

1. Fruit can easily be switched out to change the recipe up or better suit what's in season.
2. Need more fiber? Sprinkle oats with chia seeds for that extra boost.
3. Want more protein? Add 1/2 scoop of unflavored or vanilla flavored protein powder.
4. Lactose intolerant? Switch out cows milk for almond, soy, or oat milk.