



SERVES 2

INGREDIENTS

Oats

- 1 banana, mashed
- 1 cup rolled oats
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- 1 ¾ cup unsweetened plant milk
- 1 banana, sliced

Optional toppings: Sliced strawberries, chopped walnuts, chopped peanuts, maple syrup

SERVES 4

INGREDIENTS

Oats

- 2 bananas, mashed
- 2 cups rolled oats
- 3-4 tablespoons chia seeds
- 1 teaspoon cinnamon (or more, depending on taste preference)
- 3 ½ cups unsweetened plant milk
- 2 bananas, sliced or chopped into bite-size pieces

OVERNIGHT OATS

Flavorful and filling, these overnight oats are easy to prepare and perfect for busy mornings. Small but mighty, chia seeds are fiber-filled and packed with healthy omega-3 fats, giving these oats some serious staying power.

INSTRUCTIONS

1. In an airtight container, combine the mashed banana, oats, chia seeds, cinnamon and plant milk. Stir well, then cover and place in the fridge overnight.
2. In the morning, divide oats evenly into two bowls. Top each both with half a sliced banana and any additional toppings, such as sliced strawberries or chopped walnuts.

