

## Overnight Oats - adapted from Barre3

- 1 banana
- 12 ounces (1½ cups) plain, whole-milk yogurt
- 2/3 cup old-fashioned oats, uncooked
- 2 teaspoons chia seeds
- Sweetener of your choice, to taste (Maple syrup or coconut palm sugar are my choices.)
- ½ teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ cup nuts of your choice
- ¼ cup milk (feel free to use a nut milk)
- Fruit of your choice ... as much as you want, but I start with about a cup

In a medium bowl, mash banana with a fork until smooth.

Add yogurt, oats, chia seeds, nuts, cinnamon, vanilla, and milk. If desired, add a bit of sweetener.

Divide the oat mixture between two glass storage bowls or canning jars. If you will grab-and-go in the morning, layer yogurt mixture in thirds with frozen OR fresh fruit. If you have the luxury of eating at home, add the fruit when you're ready to eat.

Refrigerate overnight and enjoy for breakfast, perfectly chilled!

**Bon Appétit!**