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## Overnight Oats

### Ingredients

- 1/2 cup quick oats
- 1/2 banana, sliced
- 1/4 cup plain non-fat yogurt or 1/2 cup unsweetened milk of choice
- Optional sweetener: 1 tsp. maple syrup or 1 tsp. honey
- Optional: berries/fruit (blueberries, raspberries, strawberries, blackberries, mango, peach, apple)

### Directions

1. Add ingredients in a jar (mason jar or empty peanut butter jar) or bowl.
2. Cover jar with lid and shake thoroughly or stir ingredients in bowl with spoon until all mixed together.
3. Refrigerate over-night. Add any desired toppings before eating for breakfast the next morning (e.g. 2 Tbsp. nut butter, nuts/seeds, fruit, cinnamon/nutmeg, coconut flakes).

\*Note: You don't need to cook the oats! They will absorb the yogurt or milk overnight in the refrigerator. Just mix in your favorite toppings in the morning!

### Nutrition Fun Facts, Tips & Tricks

- Eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other mealtimes. A good breakfast may also help you reduce excess snacking throughout the day.
- In addition to homemade on-the-go foods, it's a good habit to keep healthy morning rush foods on hand, including fresh fruit, non-fat plain Greek yogurt, whole grain cereals and breads, oatmeal, nuts, nut butters and boiled eggs.



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**LET'S GO!**

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