



## Overnight Oats Banana & Walnuts

**Yield: 2 servings**

**Cost Per Serving: \$0.70**

**Cook Time: 5 minutes**

### Ingredients:

- 1 cup old fashion rolled oats
- 1 cup low fat milk or milk substitute
- 1 ripe banana
- 2 tbsp walnuts (chopped)
- ¼ tsp cinnamon

### Directions:

1. In a Mason jar or container of your choice, add oats, mashed banana, walnuts and cinnamon. Pour in the milk and gently stir until combined.
2. Place in the refrigerator overnight or for at least 8 hours.
3. When ready to serve top with additional milk if desired. You may heat if desired.

\*Based on Walmart prices 05/22