

Overnight Oats

This recipe is an easy, make-ahead-of-time, breakfast option that is both healthy and delicious.

Prep time: 10 minutes
Serves: 1

Ingredients:

- 1 large ripe banana
- 2 tbsp chia seeds
- ½ tsp ground cinnamon
- ½ cup rolled oats
- ¾ cup almond milk (or any plant-based milk)
- ¼ tsp vanilla extract

Directions:

1. In a small bowl, mash the banana until smooth.
2. Add chia seeds and cinnamon, and mix until combined.
3. Add oats, almond milk, and vanilla, and stir completely.
4. Cover and refrigerate overnight (or a minimum of 3 hours). Enjoy!

Tips:

- Rest in the fridge overnight for best results.
- Sprinkle some additional toppings in the morning to add extra flavor.
 - For instance, you can add nuts, seeds, berries, or coconut flakes.
- Make the overnight oats in a Tupperware so all you have to do in the morning is grab it and go.



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