

Overnight Oats

Start with a glass mason jar.



Add $\frac{1}{4}$ cup quick oats



Add $\frac{1}{2}$ cup unsweetened almond milk (or skim or soy)



Peel banana, then slice $\frac{1}{4}$ a cup of banana



Add ½ teaspoon chia seeds

Add ½ cup blueberries



Add 4-5 drops NuNaturals liquid vanilla stevia (or your favorite sweetener), then add a pinch of cinnamon.



Add 1 teaspoon chopped walnuts (or any other nut)



Place all ingredients in a jar, close the jar, shake and refrigerate overnight.

In the

In morning add your favorite crunchy topping such as nuts or granola.

