

Overnight No-Cook Banana Oatmeal

This is a perfect breakfast for those busy weekday mornings. This meal is as fast to pull together as it is delicious and nutritious.



INGREDIENTS

- 2 ½ cups fat-free milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 ½ cups uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved lengthwise, and sliced crosswise
- ¼ cup chopped unsalted pecans or walnuts



SERVINGS: 4 | **COST PER SERVING:** \$1.88

CALORIES

443 Per Serving

PROTEIN

18g Per Serving

FIBER

10g Per Serving



STEP 1: In a large, resealable container or bowl, stir together the milk, honey, and vanilla.



STEP 2: Stir in the oatmeal. Cover and refrigerate overnight.



STEP 3: Remove the oatmeal from the fridge. Spoon it into bowls. Top each serving with the bananas and pecans.

QUICK TIPS

Tip: Prefer oatmeal with a thick consistency? If so, add another heap of oatmeal. Prefer it looser? Add a few more splashes of milk.

Tip: To ripen green bananas, remove any plastic wrapping and store them at room temperature until ripe. Store ripe bananas in the refrigerator; their peel will darken, but the fruit will remain fresh. Peel and freeze overripe bananas to use in smoothies or baking.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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