

Overnight Banana Oats

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Prep Time: 5 minutes

Cook Time: no cooking required but you can leave it in the fridge overnight

Serves: 1-2

Ingredients:

3 heaped tablespoons of your favourite yoghurt

1 sliced banana

3 tablespoons rolled oats

1/2 teaspoon cinnamon

The following ingredients are all optional

1/2 teaspoon protein powder

1/2 teaspoon moringa powder

1/2 teaspoon mesquite powder

1 teaspoon psyllium husks

1 teaspoon sunflower kernels

If you are breastfeeding you can add:

1/4 teaspoon brewers yeast (this has a strong flavour so adjust to taste)

1/2 teaspoon ground flaxseed/linseed

Directions:

1. Combine the main ingredients plus any optional ingredients you choose into a bowl
2. Mix thoroughly until combined
3. Spoon into 1-2 jars depending on your serving size
4. Refrigerate overnight
5. Enjoy!

