Overnight No-Cook Banana Oatmeal

For a weekday morning rush, you'll be glad you prepared this American, Simple Cooking with Heart breakfast recipe the evening before. Or, let your child take the reins and mix the oatmeal together.

Ingredients

Servings 4

- 2 1/2 cup skim milk
- 1 Tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 cups **rolled oats** (not instant or quick-cooking)
- 2 **bananas**, halved lengthwise and sliced
- 1/4 cup chopped, unsalted **pecans or walnuts**

Directions

Tip: Click on step to mark as complete.

1. In a large, re-sealable container or bowl, add milk, honey, and extract. Stir to combine, adding oats and stirring to combine. Seal or cover; place in the refrigerator and let it sit overnight.
2. The next day, peel each banana. Halve each one lengthwise and slice. Divide sliced bananas and nuts over each oatmeal portion. Serve.

Quick Tips

Cooking Tip: Play around with the combination of oats to milk ratio. Like an oatmeal with a thicker consistency? Use more oats. Prefer it liquidy? Go higher on the milk.

Keep it Healthy: Add a variety of goodies into the oatmeal when preparing it the night before like dried fruit, unsweetened coconut, pumpkin seeds, flax seeds, chia seeds, etc. Chopped fresh fruit, like bananas, go brown if added the night before; it's best to top with fresh fruit right before eating.

Tip: Baking raw, dry oats for 1 hour at 250F can help make sure foods are safe and prevent food-born illnesses.

Tip: Natural sweeteners such as maple syrup or honey are a great way to add a touch of sweetness instead of sugar. Even a little bit of fruit juice like orange juice can provide sweetness.

Nutrition Facts

Overnight No-Cook Banana Oatmeal

Calories

443 Per Serving

Protein

18g Per Serving

Fiber

10g Per Serving

Cost Per Serving

$1.88

Nutrition Facts

Calories	443
Total Fat	9.7 g
Saturated Fat	1.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.2 g
Monounsaturated Fat	4.2 g
Cholesterol	3 mg
Sodium	68 mg
Total Carbohydrate	74 g
Dietary Fiber	10 g
Sugars	21 g
Protein	18 g

Dietary Exchanges
3 starch, 1 fat-free milk, 1 fruit

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