

Recently a COT employee reached out and requested “healthy on-the-go breakfast” options. I shared a few resources including one of my favs; Banana-Berry Overnight Oats. It only takes a few minutes to prepare, and it’ll be ready to eat in the morning without having to fuss around in the kitchen when you are short on time. Also, I triple the recipe to have breakfast for multiple days.



Banana-Berry Overnight Oats

Prep - 5 min.

Refrigerate – overnight (at least 6 HR.)

Yield - 1 serving

Studies show that frozen blueberries have considerably greater polyphenol concentrations than fresh, while most other nutrient levels are comparable between the two. Add walnuts for brain health (thanks to the powerful combination of omega-3 fats, vitamin E, and antioxidants).

Ingredients

- ½ medium size ripe banana
- ¼ cup 2% reduced-fat Greek-style yogurt (I use vanilla)
- ½ cup old-fashioned rolled oats
- 1 tsp. chia seeds
- 1/8 tsp. kosher salt
- 2/3 cup unsweetened almond milk
- ¼ cup frozen thawed mixed berries
- 1 Tbsp. chopped walnuts

Directions

1. Place banana in small bowl & use a fork to thoroughly mash, add yogurt, mix to combine.
2. Add oats, chia seeds, salt, almond milk, berries, & walnuts; stir well.
3. Cover and refrigerate overnight (at least 6 hours)
4. Can top with additional berries and/or walnuts before serving.