



## Banana Bread Overnight Oats



Entire recipe: 303 calories, 9g total fat (1g sat. fat), 268mg sodium, 45g carbs, 6.5g fiber, 10.5g sugars, 13.5g protein

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**Prep:** 5 minutes

**Chill:** 6 hours

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### Ingredients

1/2 cup unsweetened vanilla almond milk  
1/4 cup fat-free plain Greek yogurt  
1 packet no-calorie sweetener (like Truvia)  
1/8 tsp. cinnamon  
1/8 tsp. vanilla extract  
1/8 tsp. maple extract  
Dash salt  
1/2 cup old-fashioned oats  
1/4 cup mashed extra-ripe banana  
1/4 oz. (about 1 tbsp.) chopped walnuts

### Directions

In a medium bowl or jar, combine almond milk, yogurt, sweetener, cinnamon, vanilla extract, maple extract, and salt. Mix until uniform.

Stir in oats and banana.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Top with walnuts.

**MAKES 1 SERVING**

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