



Banana French Toast Overnight Oats



Entire recipe: 298 calories, 8.5g total fat (1g sat. fat), 282mg sodium, 52.5g carbs, 7g fiber, 21g sugars, 6g protein

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Prep: 5 minutes
Chill: 6 hours



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Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup mashed very ripe banana (about 1 medium banana)
- 1/3 cup old-fashioned oats
- 1 tbsp. lite pancake syrup
- 1/4 tsp. vanilla extract
- 1/4 tsp. cinnamon
- Dash salt
- 1/4 oz. (about 1 tbsp.) chopped pecans

Directions

In a medium bowl or jar, combine all ingredients *except* pecans. Mix well.

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

Top with pecans.

MAKES 1 SERVING

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