



BLUEBERRY BANANA OVERNIGHT OATS

Serves 2 ,Vegetarian

Ingredients

- 1 BANANA
- 1 CUP BLUEBERRIES, FRESH OR FROZEN
- 1 CUP ROLLED OATS
- 1 CUP COCONUT MILK, UNSWEETENED
- 2 TBSP. MAPLE SYRUP
- ½ TSP. VANILLA EXTRACT
- 2 TSP CHIA SEEDS

Method

REMOVE SKIN FROM BANANA AND CUT INTO ¼ INCH RINGS. WASH BLUEBERRIES AND LET AIR DRY WHILE YOU ARE GETTING THE REST OF THE INGREDIENTS TOGETHER. IN A LARGE BOWL COMBINE ALL INGREDIENTS. TIGHTLY COVER AND PLACE IN REFRIGERATOR OVERNIGHT OR UP TO 15 HOURS. STIR PRIOR TO EATING.

