

## Overnight oatmeal

Makes 1 serving

1/2 banana  
1/2 cup rolled oats  
1 cup milk of choice (almond, dairy, soy, etc)  
2 tablespoons chia seeds  
1 teaspoon cinnamon  
1 teaspoon sweetener of choice (honey, maple syrup, sugar, etc)



Mash banana with a fork and add to jar or bowl. Use fork to whisk in the remaining ingredients until well distributed. Cover jar or bowl and place in refrigerator overnight. Serve cold or warm when ready to eat. Optional: top with fresh fruit.

Modifications: substitute a different fruit like pumpkin puree, diced apples or applesauce, or berries for the banana, add spices like ginger, cloves cardamom, vanilla, or pumpkin pie spice.



**University Health Center**  
*Student Affairs*  
**UNIVERSITY OF GEORGIA**

