



ACTIVE PREP TIME: 10 MIN    INACTIVE PREP TIME: 6-8 HRS



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## Ingredients

You will need a 16 oz mason jar or (2) 8 oz mason jars or with lid(s).

- ½ cup rolled oats\*
- ¼ tsp cinnamon
- 1 pinch nutmeg
- ¼ tsp vanilla
- 1 pinch ground cloves
- 1 pinch salt
- ½ mashed banana
- ½ small apple (peeled and diced)
- 1 cup dairy milk or unsweetened non-dairy milk

# Banana Apple Overnight Oats

## Directions

1. In a large bowl, mix all ingredients until thoroughly combined.
2. Fill the 16 oz mason jar with the mixture (or evenly distribute between the two 8 oz mason jars). Close lid tightly.
3. Refrigerate overnight 6-8 hours. Oats will double in size as they absorb the liquid overnight.

**Yield:** 2 servings

**Tip:** *Pure maple syrup (1 tsp) or honey (½ tbsp) may also be used as sweeteners instead of a mashed banana.*

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

\*Instant oats are not recommended.