



Banana Walnut Bread Overnight Oats

4 servings
1 container per serving

INGREDIENTS

- 3 ripe bananas, sliced
- 3 cups fat-free milk
- 2 cups old-fashioned oats
- $\frac{3}{4}$ cup chopped walnuts, divided
- 1 tablespoon maple syrup
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon salt

DIRECTIONS

1. Put the bananas in a large container with a lid. Using a potato masher or a fork, mash them until smooth.
 2. Add the milk, oats, half the walnuts, maple syrup, cinnamon, vanilla and salt. Combine thoroughly. Refrigerate, covered, overnight.
 3. To serve, divide the oat mixture into four serving dishes, such as Mason jars or glass containers with lids. Top each serving with the remaining chopped walnuts. The overnight oats will last up to 5 days covered in
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