



## Coffee Banana Overnight Oats

### Ingredients:

1/2 cup dry rolled oats  
2 teaspoons chia seeds  
1/2 cup brewed coffee  
14 raw almonds  
1 medium banana (smashed)  
1/4 teaspoon cinnamon  
Pinch pure vanilla extract  
1 to 2 teaspoons 100% pure maple syrup

### Suggested Toppings:

1 tsp unsweetened almond butter

### Instructions:

1. Brew a cup of coffee (and save 1/2 cup for these oats)
2. Mix the oats, chia seeds and brewed coffee together in a jar (or in a bowl)
3. Smash the banana with a fork
4. Add the cinnamon, vanilla, smashed banana and almonds
5. Add pure maple syrup to taste (optional)
6. Cover the jar with a lid (or cover bowl)
7. Leave to soak in the fridge overnight
8. Serve in a bowl in the morning, or simply eat straight out of the jar with a spoon
9. Top with a teaspoon of unsweetened almond butter

### Nutritional Information:

- Servings: 2
  - Servings size: about 3/4 cup
  - Calories: 208 kcal
  - Carbohydrates: 33.7 g
  - Sugar: 10.4 g
  - Protein: 6 g
  - Fat: 6.4 g
  - Saturated Fat: 0.5 g
  - Unsaturated Fat: 5.7 g
  - Fiber: 6.2 g
  - Sodium: 1.5 mg
  - Cholesterol: 0 mg
- \*does not include topping