



Maple-Chia Overnight Oats with Almond Butter

Ingredients:

1 cup unsweetened almond milk
½ cup mashed banana (from 1 large)
2 tbsp almond butter
1 tbsp maple syrup
¼ tsp ground cinnamon
1/8 tsp sea salt
1 cup old fashioned rolled oats
1/8 cup chia seeds

Nutritional Information:

- Servings: 2
- Servings size: 1 cup
- Calories: 414 kcal
- Carbohydrates: 59 g
- Sugar: 18 g
- Protein: 12 g
- Fat: 17 g
- Sodium: 85 mg

Instructions:

1. In a medium bowl, mix together the almond milk, banana, almond butter, maple syrup, cinnamon, and salt until smooth. Fold in the oats and chia seeds. Divide between 2 small bowls, ramekins or mason jars. Cover and refrigerate overnight.
2. Top with sliced bananas, slivered almonds and some extra maple syrup, or enjoy as is. For a warm oatmeal, pop the bowl in the microwave for 30 seconds.