



Breakfast Recipes

Overnight Oats



Ingredients:

- ¼ cup Quaker Oats
- ½ cup original almond milk
- ½ medium banana, sliced
- ½ tbsp chia seeds or ground flax
- ½ cup blueberries
- pinch cinnamon
- 1 tbsp chopped pecans (for the topping)

Directions:

1. Place all ingredients (except nuts) in jar or bowl and stir.
2. Cover and refrigerate overnight.
3. Add your chopped pecans and enjoy a simple, healthy, and quick breakfast!

Nutrition Information:

1 serving: 338 calories, 7 grams protein, 62 grams carbs, 6 grams fat

www.healthystepsnutrition.com