

# OVERNIGHT OATS

*Recipe by Stanford Health Improvement Program*

## Ingredients

- 1/3 cup rolled oats
- 1/3 – 1/2 cup milk (or non-dairy alternative)
- 1/3 cup plain yogurt
- 1/2 banana
- ½ Tablespoon chia seeds
- Pinch cinnamon

## Directions

1. Mix ingredients well and store in the refrigerator overnight (or at least 5 hours). Enjoy the next day!