



OVERNIGHT OATMEAL: PEANUT BUTTER BANANA

**** Make this the night before for an easy breakfast before school****

INGREDIENTS:

- 1/4 cup rolled oats (Quick Cook)**
- 1/4 cup skim milk (or whatever milk you have)**
- 1/4 cup of vanilla Greek yogurt**
- 1/4 teaspoon of ground cinnamon**
- 1 tablespoon of peanut butter**
- 1/4 banana sliced**
- 1 teaspoon honey**

DIRECTIONS:

- 1. In a bowl or mason jar, combine oats, milk, yogurt, cinnamon and peanut butter and mix well.**
- 2. Add sliced banana to the top.**
- 3. Drizzle with honey.**
- 4. Cover with plastic wrap or a lid and put in the refrigerator overnight.**

