



Banana Bread Overnight Oats

YIELD: 4 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, use only unripe bananas and replace pecans with macadamia nuts

INGREDIENTS

- 1 cup Gluten-Free Rolled Oats
- 2 medium Bananas, peeled and sliced
- 1 Tablespoon Maple Syrup
- 2 cup Plain Flax Milk
- 1 ½ cups water
- ¼ cup Walnuts, chopped
- 2 Tablespoon Sun Butter
- 2 Tablespoon Chia Seeds
- 1 teaspoon Cinnamon
- 2 teaspoon Vanilla Extract
- Pinch Kosher salt

DIRECTIONS

1. Place all ingredients in a tightly sealed container and shake well.
2. Store in the refrigerator for a few hours or overnight.

Chef tip: Add your favorite toppings like fruit, berries, nuts, seeds, granola or yogurt.



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NUTRITION FACTS

Serving size 1 (4.8oz)

Amount Per Serving **137g**

Calories **279**

% Daily Value

Total Fat 12.1g **19%**

Saturated Fat 1.3g **6%**

Cholesterol 0mg **0%**

Sodium 59mg **2%**

Total Carbohydrate 37g **12%**

Dietary Fiber 8g **30%**

Sugars 13g

Protein 8g **16%**

Vitamin A **2%**

Vitamin C **9%**

Calcium **13%**

Iron **12%**

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