



ACTIVE PREP TIME: 10 MIN INACTIVE PREP TIME: 6-8 HRS



[PRINT RECIPE](#)

Ingredients

You will need a 16 oz mason jar or (2) 8 oz mason jars or with lid(s).

- ½ cup rolled oats*
- ¼ tsp cinnamon
- 1 pinch nutmeg
- ¼ tsp vanilla
- 1 pinch ground cloves
- 1 pinch salt
- ½ mashed banana
- ½ small apple (peeled and diced)
- 1 cup dairy milk or unsweetened non-dairy milk

Banana Apple Overnight Oats

Directions

1. In a large bowl, mix all ingredients until thoroughly combined.
2. Fill the 16 oz mason jar with the mixture (or evenly distribute between the two 8 oz mason jars). Close lid tightly.
3. Refrigerate overnight 6-8 hours. Oats will double in size as they absorb the liquid overnight.

Yield: 2 servings

Tip: *Pure maple syrup (1 tsp) or honey (½ tbsp) may also be used as sweeteners instead of a mashed banana.*

**Instant oats are not recommended.*