



Banana Walnut Bread Overnight Oats

4 servings

1 container per serving

INGREDIENTS

- 3 ripe bananas, sliced
- 3 cups fat-free milk
- 2 cups old-fashioned oats
- $\frac{3}{4}$ cup chopped walnuts, divided
- 1 tablespoon maple syrup
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon salt

DIRECTIONS

- Put the bananas in a large container with a lid. Using a potato masher or a fork, mash them until smooth.
- Add the milk, oats, half the walnuts, maple syrup, cinnamon, vanilla and salt. Combine thoroughly. Refrigerate, covered, overnight.
- To serve, divide the oat mixture into four serving dishes, such as Mason jars or glass containers with lids. Top each serving with the remaining chopped walnuts. The overnight oats will last up to 5 days covered in the refrigerator. The oats will continue to soften the longer they sit.

NUTRITION ANALYSIS (PER SERVING)

Calories	458
Total Fat	15 g
Saturated Fat.....	2 g
Trans Fat.....	0 g
Polyunsaturated Fat	10 g
Monounsaturated Fat	2 g
Cholesterol.....	3 mg
Sodium.....	370 mg
Carbohydrates.....	63 g
Fiber	8 g
Sugars	23 g
Protein	15 g

Dietary Exchanges: $1\frac{1}{2}$ fruit, $1\frac{1}{2}$ starch,
1 low-fat milk, 1 lean meat, 2 fat

This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe.

