

## Overnight Oats

1 large ripe banana, mashed (1/2 cup)

¼ cup creamy peanut butte

1 cup gluten-free rolled oats

1 cup unsweetened almond milk

1 tablespoon chia seeds (optional)

½ teaspoon vanilla extract

½ teaspoon ground cinnamon

1 teaspoon light agave or honey

Optional toppings:

- Sliced Bananas
- Drizzle of Agave, Maple Syrup, or honey
- Cinnamon
- Dark Chocolate shaving
- Coconut shavings

Directions: In a medium bowl, mash your banana with a fork. Add the remaining ingredients in a bowl and mix until well combined. Pour the mixture into two airtight containers and refrigerate for at least 3 hours overnight. When ready to eat, give the oats a good stir, add topping of your choice.