



Long Livo

Banana Bread Overnight Oats

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base

- ☐ 1/2 cup rolled oats
- ☐ 1/2 cup milk (dairy or plant-based)
- ☐ 1/4 cup Greek yogurt
- ☐ 1 ripe banana, mashed
- ☐ 1 tbsp honey or maple syrup
- ☐ 1/2 tsp ground cinnamon

- ☐ 1 tsp lemon juice

- ☐ A pinch of salt

Optional Toppings

- ☐ Sliced banana
- ☐ Chopped walnuts
- ☐ Extra cinnamon drizzle
- ☐ A dollop of almond butter

Instructions

- 1** In a mason jar or bowl, combine the rolled oats and milk; give it a gentle stir.
- 2** Add Greek yogurt, mashed banana, honey, cinnamon, lemon juice, and a pinch of salt; mix until everything is evenly coated.
- 3** Seal the jar and place it in the refrigerator overnight, or for at least 4 hours.
- 4** In the morning, stir the mixture, add a splash of milk if you prefer a thinner consistency, and top with your favorite extras.
- 5** Enjoy straight from the jar or transfer to a bowl; pair with a cup of tea for a gentle start.

Nutrition per serving

280 kcal

Calories

12 g

Protein

48 g

Carbs

5 g

Fat

Tips & notes

- If you like extra sweetness, drizzle a little more honey just before serving.
- For a crunchier texture, add toasted oat flour or granola on top.
- Overnight soaking not only softens the oats but also allows the banana flavor to deepen.