



Long Livo

Banana Cream Pie Overnight Oats Recipe

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base Oats

- ☐ 1/2 cup rolled oats
- ☐ 1/2 cup milk (dairy or plant-based)
- ☐ 1/2 cup Greek yogurt
- ☐ 1 ripe banana, mashed
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon juice

- ☐ 1 tbsp maple syrup

Topping

- ☐ Sliced banana
- ☐ Granola or toasted nuts
- ☐ A drizzle of maple syrup
- ☐ A pinch of cinnamon

Instructions

- 1** In a jar or bowl, combine rolled oats and milk; stir to coat the grains.
- 2** Add Greek yogurt, mashed banana, vanilla, lemon juice, and maple syrup; mix until smooth.
- 3** Cover and refrigerate overnight, or at least 4 hours, so the oats soften.
- 4** In the morning, give the mixture a gentle stir, then top with sliced banana, a sprinkle of cinnamon, and a drizzle of maple syrup.
- 5** If you enjoy a bit of crunch, add a handful of granola right before serving.

Nutrition per serving

320 kcal

Calories

12 g

Protein

8 g

Fat

Tips & notes

- You can store the prepared oats in a mason jar for a portable breakfast.
- For extra flavor, swirl in a spoonful of almond butter before sealing.
- If using plant-based yogurt, check the sweetness level and adjust the syrup accordingly.