

## Cinnamon Bun Overnight Oats

Prep Time 10 mins  
 Total Time 6 hrs 10 mins  
 Meal Type Breakfast  
 Contributed By



Source [Living Plate](#)

Servings 2



### Ingredients

lb,c  g,ml

- 1 banana [should be firm, not ripened]
- 1 1/2 tsp cinnamon
- 1 tsp maple syrup
- 1/2 cup oats
- 1 1/2 cup almond milk, unsweetened or milk of choice
- 1/4 cup chia seeds
- 2 Tbs walnuts, raw, *chopped* optional

### Directions

#### Prep

1. In a food processor whip together the banana, cinnamon, and maple syrup.

#### Make

1. In a bowl, combine the banana whip mixture with the oats, chia seeds, and almond milk. Mix to combine. Divide oats mixture between two mason jars or containers. Top with walnuts, if using.
2. Cover and store in the refrigerator overnight.
3. Stir in additional milk to thin if necessary.

### Notes

Optional: Increase protein by adding in a scoop of protein powder

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 16.9g		26%	<b>Total Carbohydrates</b> 45g
Saturated Fat 1.8g		9%	Dietary Fiber 14g	57%
Trans Fat 0.0g			Total Sugars 11g	
<b>Cholesterol</b> 0mg		0%	<b>Protein</b> 10g	
<b>Sodium</b> 148mg		6%		
Vitamin D 2mcg 19% · Calcium 570mg 56% · Iron 13mg 72% · Potassium 572mg 12%				

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -