

Zucchini Bread Recipes

Banana Bread Overnight Oats – Healthy Quick Breakfast

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- ▢ 1 cup rolled oats
- ▢ 1 cup almond milk (or any plant milk)
- ▢ 1 ripe banana, mashed
- ▢ 1 tablespoon maple syrup
- ▢ ½ teaspoon ground cinnamon
- ▢ ¼ teaspoon vanilla extract
- ▢ Pinch of salt

Optional Mix-ins

- ▢ 2 tablespoons chopped walnuts
- ▢ 1 tablespoon chia seeds
- ▢ ½ teaspoon nutmeg

Instructions

1. In a medium bowl, combine rolled oats and almond milk; stir until the oats are fully immersed.
2. Add the mashed banana, maple syrup, cinnamon, vanilla, and a pinch of salt; mix until the batter looks smooth.
3. If using, fold in walnuts, chia seeds, or nutmeg; these add texture and extra nutrition.
4. Divide the mixture into two jars, seal tightly, and refrigerate overnight or at least 6 hours.
5. In the morning, give the oats a gentle stir, add a splash of milk if needed, and garnish with a banana slice.

Nutrition per serving

300 kcal	7 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra sweetness, drizzle a little honey or agave before serving.
- If you prefer a thinner consistency, increase the milk by ¼ cup.
- Toast walnuts lightly for a deeper flavor before adding.