



# Banana Nut Overnight Oats

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Banana Nut Overnight Oats is a delicious way to start your day. In just a few minutes the night before, prep this breakfast option, pop it in the refrigerator, and you will have something sweet waiting for you in the morning.

## Ingredients

- 1 ½ ripe bananas, sliced, divided
- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup lowfat milk
- 1 tbsp Greek yogurt
- 2 tsp honey
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp pure vanilla extract
- 2 tbsp walnuts, chopped

## Cooking Instructions

1. Add Quaker® Oats to your container of choice and pour in milk.
2. Layer Greek yogurt, bananas, honey, ground cinnamon, nutmeg, vanilla on top and sprinkle with walnuts.
3. Refrigerate overnight and enjoy in the morning.
4. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.