

# Cinnamon Banana Overnight Oats

## INGREDIENTS

- 3 cups oats
- 4.5 cups reduced fat milk
- 2 medium bananas, mashed
- 1 teaspoon liquid stevia extract
- 1/4 teaspoon salt
- 2 teaspoons cinnamon

SERVINGS: 6

PREP TIME: 35 MIN

TOTAL TIME: 8 HOURS,  
35 MIN



Adapted: [cheapskatecook.com](http://cheapskatecook.com)



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# Cinnamon Banana Overnight Oats

## PROCEDURE

1. Mash 2 ripe bananas in a medium bowl with a fork, then measure out 1 cup.
2. In a large bowl, combine the oats, 2% reduced-fat milk, mashed bananas, liquid stevia extract, salt, and cinnamon.
3. Stir well, taste, and adjust the sweetness if needed.
4. Cover and refrigerate for at least 8 hours or overnight.
5. Remove from the fridge, give it a quick stir, and enjoy! (Optional: Top with your favorite fruits before serving.)

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