



## BASIC OVERNIGHT OATS WITH PEANUT BUTTER BANANA TOPPING

### BASIC OVERNIGHT OATS

#### *ingredients:*

2/3 cup old-fashioned oats  
1/2 cup fat-free milk  
1/3 cup fat-free Greek yogurt  
1 teaspoon chia seeds

#### *directions:*

Place all ingredients in a glass container and mix until combined. Cover with lid or plastic wrap. Refrigerate at least 2 hours or overnight. Toppings can be added the night before or just before serving. Stir to combine.

### PEANUT BUTTER BANANA TOPPING

#### *ingredients:*

1 small banana, sliced  
1 Tablespoon creamy peanut butter  
1 teaspoon cocoa powder

Yield: 1 serving

#### Nutrition Information Per Serving:

507 Calories  
15 grams Fat  
2 grams Saturated Fat  
4 mg Cholesterol  
195 mg Sodium  
73 g of Carbohydrates  
10 grams Fiber  
26 grams Protein

#### Food exchanges:

1 protein, 1 dairy, 1 fruit,  
3 starch, 3 fat



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