

# #LetsCook30

## BANANA BERRY MAKE-AHEAD OATMEAL

Make-ahead oatmeal is a satisfying breakfast or snack. Get creative and try with different fruit combinations.

**Servings:** 2

**Ready in about:** 8 hours, overnight

1	ripe banana
1 cup	raspberries, divided
1/2 cup	blueberries
1 cup	plain yogurt, divided
2/3 cup	rolled oats, divided
4 tsp	chia seeds, divided
1/2 cup	milk, divided
	maple syrup, to taste (optional)

### Nutrition Tips:

To reduce the saturated fat this recipe we used:

- Low fat yogurt (2% M.F. or less)
- Low fat milk (2% M.F. or less)

### INSTRUCTIONS:

1. In a small bowl, mash the banana with a fork.
2. Add half of the raspberries (1/2 cup) to the bowl and mash them into the banana.
3. Add 1 cup yogurt to the fruit mixture and mix well.
4. Divide the fruit and yogurt mixture into 2 mason jars or bowls.
5. To each jar, add 2 teaspoons chia seeds, 1/3 cup oats, 1/4 cup blueberries, 1/4 cup raspberries, and 1/2 cup milk.
6. Stir or shake jars so that the contents are evenly mixed, and refrigerate, covered overnight.
7. When ready to eat add maple syrup to taste, if desired. Serve cold.

### TIPS:

- You can substitute frozen berries for fresh berries
- Recipe works well with Greek yogurt

Adapted from: Oldways Whole Grains Council. Accessed 2019.

### PUBLIC HEALTH

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