THE LIGHTER PLATE METHOD

Cinnamon Banana Overnight Oats

A simple, no-fuss overnight oats — just four ingredients and the fridge does the rest.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 2 tbsp porridge oats
- 1 tbsp ground chia seeds
- 200 ml almond milk
- 1 small banana (mashed)
- 1 tsp ground cinnamon

Method

1. Mix all the ingredients together in a jar until well combined.
2. Cover and refrigerate for at least 4 hours, or overnight.
3. Stir before eating and loosen with a splash more milk if needed.

Tips & swaps

- Keeps in the fridge for up to 3 days, so it's worth making a batch of two or three at once.

Storage & reheating

Keeps in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**6g**	**34g**	**7g**	**8g**

Estimated values, for guidance only. Contains: Oats (gluten).