BLUEBERRY BANANA OVERNIGHT OATS

Serves 2, Vegetarian

Ingredients

1 BANANA
1 CUP BLUEBERRIES, FRESH OR FROZEN
1 CUP ROLLED OATS
1 CUP COCONUT MILK, UNSWEETENED
2 TBSP. MAPLE SYRUP
½ TSP. VANILLA EXTRACT
2 TSP CHIA SEEDS

Method

REMOVE SKIN FROM BANANA AND CUT INTO ¼ INCH RINGS. WASH BLUEBERRIES AND LET AIR DRY WHILE YOU ARE GETTING THE REST OF THE INGREDIENTS TOGETHER. IN A LARGE BOWL COMBINE ALL INGREDIENTS. TIGHTLY COVER AND PLACE IN REFRIGERATOR OVERNIGHT OR UP TO 15 HOURS. STIR PRIOR TO EATING.