



Kerr Street Mission
Oakville's Mission of Hope

Strawberry Banana Overnight Oats (GF) (V)

Yield: 1 Serving

Recipe by: Skylar McCallum

Ingredients:

- 1/3 cup rolled oats
- 2 tsp chia seeds
- 1-2 tsp pure maple syrup/honey
- ½ banana, diced
- 2 tbsp strawberries, diced
- ½ cup milk of choice

Directions:

1. Mix all ingredients together in a container
2. Cover and refrigerate overnight
3. Enjoy in the morning for breakfast or consume within 3 days

Chia seeds are a great and easy way to add protein and fiber to your breakfast!