

make overnight oatmeal

Start the day in a healthy way!

1. Stir together ½ cup rolled oats, ½ cup vanilla yogurt and ¼ cup milk.
2. Stir in 1 cup chopped banana, 2 tablespoons peanut butter and dash of cinnamon.
3. Pour into a jar. Cover. Refrigerate overnight.

peanut butter
banana



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