

OVERNIGHT OATS

Serves: 1 | Ready in: 8 hours | Cost per serve: \$1.05



½ cup oats



1 banana



½ cup water



1 tsp honey

1. Stir oats and water together in a bowl or jar. Cover and refrigerate for 8 hours to overnight.
2. To serve, top with sliced banana and drizzle with honey.

For hot oatmeal, double water quantity and microwave on high for 3 minutes.