

# Avocado and Banana Overnight Oats

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This time saving breakfast helps keep you going until lunch time. Just toss all of the ingredients the night before, chill overnight in the fridge and grab before you go!

*This Heart-Check Certified recipe is brought to you by Hass Avocado Board.*

## Ingredients

1 Servings

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- + 1/2 fresh, ripe **avocado** (cut in half, seeded)
- + 1 small **banana** (sliced)
- + 2 tablespoons **orange juice**
- + 1/2 cup old-fashioned rolled oats
- + 1/2 cup berries (strawberries, blueberries, blackberries)
- + 1/8 tsp Pinch ground cinnamon
- + 1/2 cup unsweetened **almond milk**

 **2 cups** Serving size

 **485** Calories per serving

 **3.0 g** Sat. Fat per serving

 **100 mg** Sodium per serving

## Quick Tips



**Tip:** Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

## Directions

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- 1 Combine avocado, banana and orange juice in a small bowl.
- 2 Place half of the oats in a 1 pint mason jar.
- 3 Top with berries and half of the avocado mixture.
- 4 Add remaining oats; sprinkle with cinnamon.
- 5 Top with remaining avocado mixture.
- 6 Pour in milk. Cover; chill overnight.

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