

Long Livo

# Start Your Day With Banana Cream Pie Overnight Oats

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| **5 min**<br>Prep time | **5 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1 cup milk of choice (almond, oat, or dairy)
- [ ] 1 large ripe banana, mashed
- [ ] 1/2 cup plain Greek yogurt
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp lime zest
- [ ] Pinch of sea salt

### Topping

- [ ] Sliced banana
- [ ] Crushed graham-style crackers or toasted oats
- [ ] Drizzle of honey
- [ ] Optional: toasted coconut flakes

## Instructions

1. In a bowl, combine rolled oats and milk; stir gently.
2. Add mashed banana, Greek yogurt, maple syrup, vanilla, lime zest, and sea salt; mix until uniform.
3. Transfer the mixture into two clean jars, seal, and refrigerate overnight.
4. In the morning, top each bowl with sliced banana, crushed crackers, and a honey drizzle.
5. Enjoy cold or warm briefly; savor the banana-cream pie memory.

### Nutrition per serving

| 320 kcal | 12 g | 53 g | 8 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If bananas are very ripe, you may want to reduce the maple syrup.
- For extra creaminess, stir in a tablespoon of cream cheese before chilling.
- Adjust milk amount for thicker or looser consistency.