

# Cinnamon Yogurt Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Oats (rolled)  
1 tbsp Chia Seeds  
1/8 tsp Cinnamon  
1/4 tsp Vanilla Extract  
1/2 cup Unsweetened Coconut Yogurt  
1/2 cup Plain Coconut Milk (from the carton)  
1/2 Banana (sliced)

## DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Carbs	47g
Fat	12g	Protein	7g