

# Maple French Toast Overnight Oatmeal

★★★★★  
4.5 from 2 reviews

PREP TIME

5 mins

TOTAL TIME

5 mins

254 calories | 5g fat | 44g carb | 7g fiber | 10g sugar | 9g protein

Serves: 2 servings

## Ingredients

- 1 cup rolled oats
- ½ banana, mashed
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 tablespoon 100% Pure Canadian Maple Syrup
- 1 teaspoon flax seed meal
- ¾ cup milk, unsweetened
- dash of cinnamon

## Instructions

1. In a medium-sized container, mash ½ banana. Then, mix in the rest of ingredients and let soak for at least 2 hours or overnight. Serve with coconut whipped cream, sliced banana, and a dash of cinnamon!



SAVE

PRINT