

Hummingbird Cake Overnight Oats

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Adapted from Cupcakes and Kale Chips

Serves 2, 6 FSP per serving

- 1 small overripe banana, mashed
- 1 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 3/4 cup old fashioned rolled oats
- 1 Tbsp chia seeds
- 1/2 cup chopped pineapple, fresh or canned
- sweetener of choice

1. In a bowl, stir together the mashed banana (I'm allergic to raw bananas, so I'm leaving this out of mine!), almond milk, cinnamon and vanilla.
2. Add the oats, chia seeds, pineapple and pecans and stir together until evenly distributed. Sweeten to taste, if desired
3. Divide into two containers, cover and store in the refrigerator overnight
4. Before serving, stir in additional milk to achieve desired consistency. Garnish with additional pineapple if desired.

