

# Easy & Healthy!

Healthy food that's fast and easy? There are many ways to make delicious meals simple and healthy. Here's a quick way to make **overnight oats** and start your day off right.

1

Measure out:

- + ½ cup of old-fashioned rolled oats
- + ¾ cup of unsweetened plant-based milk (e.g., soy, almond)
- + 2 Tbsp of natural peanut butter (or other nuts or seeds)
- + 1 medium banana or ½ cup of any fruit (frozen or fresh)



2

In a small container or glass mason jar, place oats first as the base, then cut up the banana (or ½ cup fruit), add the peanut butter and top with plant-based milk.



3

Cover the small container or jar and give it a little shake!

4

Place the container or jar in the refrigerator overnight. Enjoy in the morning right out of the fridge, or warm up in the microwave!