

Blueberry, Mango, & Banana Overnight Oats

Serves: 1

Ingredients

- 1/2 cup milk of choice
- 1/3 cup old fashioned oats
- 1 teaspoon chia seeds
- 1/2 mashed banana
- frozen mango chunks

Toppings:

- fresh blueberries
- granola



Instructions

Add milk, oats, yogurt, chia seeds, and banana to an 8oz. mason jar with lid. Place in refrigerator overnight (or 6 hours). In the morning, add desired toppings and any additional milk if wanting a thinner consistency.