



## Almond Butter and Banana Overnight Oats

### Ingredients

- 1/2 cup rolled oats (gluten-free if preferred)
- 1 cup unsweetened almond milk (or your choice of milk)
- 2 tablespoons [Maisie Jane's Almond Butter](#) (creamy or crunchy)
- 1 ripe banana, mashed
- 1 tablespoon honey or maple syrup (optional for sweetness)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- *Toppings (optional):* Sliced bananas, [chopped almonds](#), a drizzle of almond butter, or a sprinkle of chia seeds

### Directions

1. **Mix the Base:** In a mason jar or airtight container, combine the rolled oats and almond milk. Stir well to ensure the oats are fully immersed in the milk.
2. **Add Almond Butter:** Add the [Maisie Jane's almond butter](#) to the oats and almond milk mixture. Stir until the almond butter is well incorporated. It will add creaminess and a nutty flavor to your oats.
3. **Mash Banana:** In a separate bowl, mash the ripe banana until it's smooth. Add the mashed banana to the oat mixture.
4. **Sweeten and Flavor:** If you desire a touch of sweetness, add honey or maple syrup to taste. Also, add the ground cinnamon and vanilla extract for extra flavor. Stir everything thoroughly to combine all the ingredients.
5. **Seal and Refrigerate:** Seal the mason jar or container and refrigerate it overnight, or for at least 4-6 hours. This allows the oats to absorb the liquid and the flavors to meld together.

#### Tip:

When you're ready to eat, give the oats a good stir. You can add more almond milk if you prefer a thinner consistency. Top your almond butter and banana overnight oats with slices of banana, [chopped almonds](#), a drizzle of almond butter, or a sprinkle of chia seeds for added texture and nutrition.