

# OVERNIGHT NO-COOK OATMEAL

## INGREDIENTS

- 2 ½ cups fat-free milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 ½ cups uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved lengthwise, and sliced crosswise
- ¼ cup chopped unsalted pecans or walnuts

## DIRECTIONS

1. In a large, resealable container or bowl, stir together the milk, honey, and vanilla. Stir in the oatmeal. Cover and refrigerate overnight.
2. Remove the oatmeal from the refrigerator. Spoon it into bowls. Top each serving with the bananas and pecans.



*Recipe courtesy of the American Heart Association*

### **Servings: 4**

**Nutrition Information:** Calories: 443; Total fat: 9.5g; Saturated fat: 1.5g; Cholesterol: 3mg; Sodium: 68mg; Total Carbohydrate: 74g; Dietary Fiber: 10g; Protein: 18g.