



6.23.20

**#TastyTuesday #pollinatorweek
#BananaHoneyNutOvernightOats #MyPlateMyWins
June 22-28 is National Pollinator Week**

Nutrition Bite: "Studies show students who eat breakfast benefit nutritionally and academically."

Banana Honey Nut Overnight Oats

Makes 1

- 1/2 cup rolled "old-fashioned" oats
- 1/2 cup milk
- 1/2 cup plain yogurt
- 1 1/2 teaspoons honey
- 1/2 teaspoon vanilla
- 1/2 ripe banana, cut in bite-size pieces
- Optional: 1 Tablespoon peanut butter

Support local beekeepers by buying Missouri honey!

Directions

1. Wash hands with soap and water.
2. Combine all ingredients except banana in a 16-ounce canning jar (or clean jar with a lid), close the lid and shake the jar until contents are well mixed.
3. Add banana chunks to the jar and stir well.
4. Close the jar and refrigerate overnight (approx. 8 hours). The mixture will thicken, and the oats will soften.
5. In the morning, enjoy your oatmeal cold or heat in the microwave. Serve with peanut butter if desired.

	Amount that counts as 1 cup of fruit	Amount that counts as 1/2 cup of fruit
Banana	1 cup, sliced 1 large (8" to 9" long)	1 small (less than 6" long)