

Choco Fever Dream

Banana Cream Pie Overnight Oats Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Oats

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup milk (dairy or plant-based)
- [ ] 1/2 cup Greek yogurt
- [ ] 1 ripe banana, mashed
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp maple syrup

Topping

- [ ] Sliced banana
- [ ] Granola or toasted nuts
- [ ] A drizzle of maple syrup
- [ ] A pinch of cinnamon

Instructions

1. In a jar or bowl, combine rolled oats and milk; stir to coat the grains.
2. Add Greek yogurt, mashed banana, vanilla, lemon juice, and maple syrup; mix until smooth.
3. Cover and refrigerate overnight, or at least 4 hours, so the oats soften.
4. In the morning, give the mixture a gentle stir, then top with sliced banana, a sprinkle of cinnamon, and a drizzle of maple syrup.
5. If you enjoy a bit of crunch, add a handful of granola right before serving.

Nutrition per serving

320 kcal	12 g	8 g
Calories	Protein	Fat

Tips & notes

- You can store the prepared oats in a mason jar for a portable breakfast.
- For extra flavor, swirl in a spoonful of almond butter before sealing.
- If using plant-based yogurt, check the sweetness level and adjust the syrup accordingly.