



# OVERNIGHT OATMEAL WITH KEFIR, BANANA AND CHIA

Portion: **1** • Preparation : **8 minutes** • Refrigeration : **12 hours**

## INGREDIENTS

- ½ cup (125 ml) plain homemade kefir
- ½ cup (75 ml) large oat flakes
- 1 tbsp. (15 ml) chia seeds
- ½ tbsp. (7.5 ml) maple syrup (optional)
- 1 small ripe banana, mashed
- ¼ tsp. (1.25 ml) pure vanilla extract
- 1 to 2 pinches ground nutmeg

Optional topping: fruits, pumpkin seeds, coconut flakes

## PREPARATION

In a closed Mason-style jar, mix all ingredients except those you plan to use as topping. Refrigerate overnight. When ready to serve, add your choice of topping.

[yogourmet.com](http://yogourmet.com)

Recipe and photo:  
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