**Easy Overnight Oats**

**Ingredients:**
- ½ cup dairy or non-dairy milk
- ½ cup old fashioned rolled oats
- 1 tsp vanilla extract
- 1 Tbs maple syrup or sweetener
- 1 tsp chia seeds
- ½ banana, mashed or chopped

**Directions:**
1. To a small jar, add the milk, oats, vanilla extract, maple syrup, chia seeds, and banana and give them a good stir. Refrigerate overnight or for at least 5 hours.
2. In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, coconut, or granola.