

# BRULEED BANANA OVERNIGHT OATMEAL

## *Ingredients*

- 1/2 cup oats
- 1/2 cup hemp milk, or milk of choice
- 1 tablespoon chia seeds
- 1/4 teaspoon cinnamon
- honey, optional for topping banana
- sugar; regular or coconut sugar
- jar

## *Directions*

POUR THE OATS, MILK, CHIA SEEDS, AND CINNAMON IN A JAR  
AND MIX WITH A SPOON  
COVER WITH A LID AND ALLOW TO SIT OVERNIGHT  
IN THE MORNING, LINE A BAKING SHEET WITH ALUMINUM FOIL AND  
TURN THE BROILER ON IN THE OVEN  
CUT THE BANANA INTO SLICES ON AN ANGLE  
PLACE THE CUT BANANAS SLICES ON THE BAKING SHEET AND  
SPRINKLE WITH SUGAR  
PLACE THE BAKING SHEET UNDER THE BROILER

FOR YOUR DAILY DOSE OF RECIPES, PLEASE VISIT  
[WWW.FROMSCRATCHWITHMARIA.COM](http://WWW.FROMSCRATCHWITHMARIA.COM)

