

# BANANA & PECAN CHIA OVERNIGHT PARFAIT

## NUTRITION FACTS

Serving Size: 4 Servings

Calories: 420 | Carbohydrates: 48g | Protein: 14g | Total Fat: 21g | Saturated Fat: 4g | Sodium: 91mg | Fiber: 13g

## INGREDIENTS

- 1 1/2 cup 1% Milk
- 1/4 cup Chia seeds
- 1/2 cup Oats (rolled)
- 1 Banana (medium, sliced)
- 1/4 cup Pecans

## DIRECTIONS

1. In a large bowl mix the milk, chia seeds, and oats together and let sit for five minutes.
2. Alternate layers of the oat mixture, banana, and pecans in glass jars until all ingredients are used. Cover and refrigerate overnight or for at least eight hours. Enjoy!

## NOTES

**Leftovers:** Refrigerate in airtight container for up to four days.

**Make it Vegan:** Use dairy-free milk.

**More Flavor:** Add maple syrup, cinnamon, and/or cacao powder.

**Additional Toppings:** Ground flaxseed, sunflower seeds, and/or yogurt.





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