



OVERNIGHT BANANA MORINGA OATMEAL

SERVES: 1

ACTIVE PREP TIME: 5 MINUTES

- ½ cup rolled oats
- 1 cup of milk or almond milk
- 1 tsp moringa powder
- 1 Tbsp slivered almonds
- 1 Tbsp raisins
- 1 medium banana
- ¼ tsp cinnamon powder

1. In a container of your choice add rolled oats, cinnamon, and milk.
2. On top, layer banana, raisins, slivered almonds, and moringa powder. Close the container and refrigerate overnight.
3. Once milk has been absorbed and the oats have softened, stir and serve.

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To find more delicious ways to use moringa, visit <http://ucanr.edu/moringa>