

# Haggen KIDS Cooking CLUB




**SERVES:** 4-6

**PREP TIME:** 5 MIN,  
PLUS OVERNIGHT  
REFRIGERATION

**SKILL LEVEL:** 

**REQUIRES USE OF:**



## BANANA CREAM PIE OVERNIGHT OATS

### INGREDIENTS:

- 2 cups old-fashioned oats (rolled oats)
- 13 ounces coconut milk
- 1/2 cup almond milk
- 2 cups vanilla Greek yogurt
- 2 teaspoons pure vanilla extract
- 4 tablespoons chia seeds
- 3 tablespoons maple syrup
- 1/4 teaspoon salt
- 3 ripe bananas, sliced
- vanilla wafer cookies
- shredded coconut

### ITEMS TO GATHER:

- apron
- measuring cups
- measuring spoons
- cutting board
- cling wrap
- knife
- silicone spatula
- medium mixing bowl
- 4 sealable jars or containers



# GET COOKIN'!

## INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

In a medium mixing bowl, add the oats, coconut milk, almond milk, Greek yogurt, vanilla extract, chia seeds, maple syrup and salt. Combine thoroughly using a silicone spatula.

Cover the bowl with cling wrap and refrigerate overnight.

The next morning, slice up the bananas into 1/4 inch circles using a knife and cutting board.

Remove the bowl from the refrigerator and add ~1/4 cup scoop of the oats mixture to the bottom of each mason jar. Top with a layer of sliced bananas and repeat.

Garnish the top with any remaining bananas, vanilla wafer cookies and shredded coconut.

## ENJOY!

## TYPES OF OATS:

Oats are a type of cereal grain, specifically the edible seeds of oat grass, that reside within the Poaceae grass family of plants. Oats come in a variety of different forms, based on how they are processed. **Some include:**

### OAT GROATS



### STEEL-CUT OR IRISH OATS



### ROLLED OR OLD-FASHIONED OATS



### QUICK OR INSTANT OATS



### SCOTTISH OATS

