

# FEBRUARY HEART HEALTH

## BANANA BREAD OVERNIGHT OATS

**Bananas:** Bananas are rich in potassium, a mineral that plays a key role in regulating blood pressure.

**Old-Fashioned Oats:** Oats are a good source of soluble fiber, which can help lower LDL (bad) cholesterol levels.

**Cinnamon:** Cinnamon contains antioxidants and anti-inflammatory properties that may help improve heart health. Some studies suggest that cinnamon can lower cholesterol levels and improve blood sugar control, both of which are important for heart health.

**Walnuts:** Walnuts are high in omega-3 fatty acids, which are beneficial fats that can help reduce inflammation and improve heart health. Consuming walnuts regularly has been associated with lower LDL cholesterol levels and a reduced risk of heart disease.

### INGREDIENTS:

Servings: 16 (1/2 cup)

#### Ingredients:

- 6 ripe bananas (sliced)
- 4 cups old-fashioned oats
- 2 tablespoon ground cinnamon
- 2 teaspoon vanilla extract
- 1, 1/2 cups chopped walnuts (divided)
- 2 tablespoon maple syrup
- 6 cups skim milk

#### Directions (must refrigerate overnight):

- In a large container with a lid, add sliced bananas. Mash the bananas until smooth.
- Add oats, cinnamon, vanilla, half of the chopped walnuts, maple syrup and milk to the bananas. Combine thoroughly and refrigerate overnight.
- To serve, divide the oats into serving dishes. Top each serving with remaining chopped walnuts and bananas before serving.

Nutrition Facts	
Calories	229
Total Fat	7.5 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	10 g
Monounsaturated Fat	2 g
Cholesterol	3 mg
Sodium	185 mg
Total Carbohydrate	31 g
Dietary Fiber	4 g
Sugars	12 g
Added Sugars	2 g
Protein	7.5 g

