

Recipe posted on gingerfriesen.com, September 2019

Banana Split Oatmeal Parfaits

Adapted from a Quaker Oats magazine advertisement

Ingredients:

- 1/2 cup quick or old-fashioned oats
- 1 cup almond milk (I used Friendly Farms "Original" from Aldi)
- Organic plain Greek yogurt (I used Publix Greenwise brand)
- Fresh fruit, chopped (bananas, blueberries, strawberries, and/or blackberries)
- Chopped almonds or walnuts
- Honey or maple syrup, to drizzle
- Chia or flax seeds, optional

Instructions:

1. Prepare oatmeal in almond milk over medium heat until thickened. Let cool briefly.
2. Layer warm oatmeal, cold yogurt, fruit, nuts, and honey/syrup.
3. Make as many layers as desired.