



Spider Demo Kitchen

Tahini, Banana, and Dark Chocolate Overnight Oats

yield: 1 serving

Ingredients:

- 1/2 cup Rolled oats
 - 1/2 cup Milk of choice, plus more as needed
 - 1-2 TBSP Tahini
 - 1 TBSP Dark chocolate chips
 - 1/2 each Banana, fresh or frozen, sliced
 - 1 TBSP Flax seeds, whole or ground
 - 1/4 tsp Vanilla extract
 - 1 pinch Kosher salt
- *Reserve some of the chocolate chips and banana to add as topping if you'd like.
- *This can be made vegan if you use a dairy alternative for milk.

Instructions:

1. In a small jar or bowl, combine all ingredients. Mix well, and adjust milk if you want a thinner consistency—it will thicken up overnight!
2. Cover with the lid or wrap in plastic wrap and store in fridge for 8-12 hours (overnight) until you are ready to eat the next morning.



UR Dining

Recipe adapted from Food52



Spider Demo Kitchen

Tahini, Banana, and Dark Chocolate Overnight Oats

yield: 1 serving

Ingredients:

- 1/2 cup Rolled oats
 - 1/2 cup Milk of choice, plus more as needed
 - 1-2 TBSP Tahini
 - 1 TBSP Dark chocolate chips
 - 1/2 each Banana, fresh or frozen, sliced
 - 1 TBSP Flax seeds, whole or ground
 - 1/4 tsp Vanilla extract
 - 1 pinch Kosher salt
- *Reserve some of the chocolate chips and banana to add as topping if you'd like.
- *This can be made vegan if you use a dairy alternative for milk.

Instructions:

1. In a small jar or bowl, combine all ingredients. Mix well, and adjust milk if you want a thinner consistency—it will thicken up overnight!
2. Cover with the lid or wrap in plastic wrap and store in fridge for 8-12 hours (overnight) until you are ready to eat the next morning.



UR Dining

Recipe adapted from Food52