**Banana Cake**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tablespoon chia seeds
* 1 teaspoon maple syrup
* 6 chopped walnuts
* 1/2 teaspoon cinnamon
* 1 banana
* Milk (any kind)

**Method:**

1. Put all ingredients (besides the milk & the banana) in the jar.
2. Cover the oats with milk.
3. Leave in the fridge overnight.
4. Add 1 sliced banana before serving.

**Granola**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tablespoon chia seeds
* 1/4 cup unsweetened yogurt
* 1 teaspoon maple syrup
* 2 tablespoons granola
* Coconut milk, almond milk or any other milk

**Method:**

1. Put all ingredients (besides the milk) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.

**Coconut**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tsp maple syrup
* 1 tbsp desiccated coconut
* 1 tbsp dried coconut chunks
* 1/2 tsp cinnamon
* Coconut milk

**Method:**

1. Put all ingredients (besides the milk) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.
4. Optional: add a sliced banana before serving

**Bounty Bar**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tablespoon maple syrup
* 1 tablespoon desiccated coconut
* 2 teaspoons cocoa
* Coconut milk

**Method:**

1. Put all ingredients (besides the milk) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.