Blueberry Banana Overnight Oats

**Ingredients**
- 1/3 cup oats
- 1/3 cup Greek yogurt
- 1/3 cup milk
- 1/2 banana (1/3 if it's particularly large)
- 1/4 cup frozen or fresh blueberries
- Granola, or nuts

**Directions**
Mash banana and blueberries together in a bowl until blended together. Stir in oats, yogurt, and milk. Cover, and refrigerate overnight. In the morning, top with granola and/or peanut butter if desired.

Microwave Omelet

**Ingredients**
- 2 Eggs
- Cooking Spray
- Cheese
- Pepper
- Spinach

**Directions**
Coat bowl with cooking spray. Crack eggs in bowl and beat with fork. Sprinkle pepper. Tear spinach leaves with hands and add to bowl. Sprinkle cheese over top. Microwave, covered, for 1-2 minutes. Eat as is, or add bread to make a sandwich.

Chicken Wrap

**Ingredients**
- Whole wheat tortilla
- Canned or packaged chicken breast
- Spinach
- Shredded mozzarella cheese

**Directions**
Place chicken, spinach, and cheese on tortilla. Microwave until heated and cheese is melted. Wrap tortilla and enjoy!