**Ingredients:**

- 1/3 Cup shredded coconut (no sugar added)
- 1 1/3 Cup instant oatmeal
- 1 Pre-sliced banana
- 1/4 Cup strawberry preserves
- 1/3 Cup raisins or chopped walnuts
- 1/2 Tablespoon almond butter or sunflower seed butter
- 1/3 Cup pre-sliced strawberries

With a fork, mash a banana in a bowl. Then, add unsweetened shredded coconut, instant oatmeal, strawberry preserves, and raisins. Or you can use walnuts instead. Mix and set aside.

Spray muffin tins with nonstick spray and scoop banana-oatmeal mixture into each muffin tin, until all of the mixture is out of the bowl.

With a spoon, place the butter of your choice on top of each muffin and garnish with 1 sliced strawberry.

Refrigerate overnight or for at least 2 hours, then serve.