

Overnight Oats

Serves 1 Serving Size 1 jar/bowl

Ingredients

1/2 cup milk (of your choice)
3/4 tablespoon chia seeds (optional)
2 tablespoons peanut butter (substitute with any nut butter)
1 tablespoon maple syrup
1/2 cup old fashioned oats
Toppings (optional): blueberries, raspberries, strawberries, sliced banana, granola, nuts, etc.

Directions

- 1.) Into mason jar or small bowl with lid, add milk, chia seeds, peanut butter (or substitute), and maple syrup and stir.
- 2.) Add oats and stir. Then press down with a spoon to ensure all oats have been moistened and are immersed in milk.
- 3.) Cover with lid and set in refrigerator overnight.
- 4.) The next day, open and enjoy as is or garnish with desired toppings.

Optional: Heat your oats in the microwave for 45-60 seconds.



Photo and recipe from: www.minimalistbaker.com

Nutrition per serving: 470 calories, 20 g protein,
26 g fat, 60 g carbs, 63 mg sodium