

Peanut Butter Overnight Oats

Prep time 6 hours 5 mins | Author: Minimalist Baker | Serves: 1

Ingredients

OATS

- *1/2 cup unsweetened plain almond milk
- *3/4 Tbsp chia seeds
- *2 Tbsp peanut butter or almond butter (creamy or crunchy)
- *1 Tbsp maple syrup (or sub coconut sugar, organic brown sugar, or stevia to taste)
- *1/2 cup rolled oats

TOPPINGS

- *Sliced banana, strawberries or raspberries
- *Flaxseed meal or additional chia seed
- *Granola

Instructions

To a mason jar or small bowl add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).

Add oats and stir a few more times, then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk. Cover securely with a lid or plastic wrap and set in the refrigerator overnight (or for at least 6 hours).

The next day, open and enjoy as is, or garnish with desired toppings (see options above).

Overnight oats will keep in the refrigerator for up to 2 days, though best within the first 12-24 hours.

Nutrition Information

Serving size: 1 recipe Calories: 454 Fat: 23.9 g Saturated fat: 2 g Carbohydrates: 50.9 g Sugar: 14.9 g Sodium: 162 mg Fiber: 12 g Protein: 14.6 g

Read the full recipe on: <http://minimalistbaker.com/peanut-butter-overnight-oats/>

