

Peanut Butter Chia Overnight Oats

Ingredients

- 1/2 cup unsweetened plain almond milk (or milk of choice)
- 3/4 Tbsp chia seeds
- 2 Tbsp salted peanut butter
- 1 Tbsp honey (or maple syrup)
- 1/2 cup rolled oats (*not* steel cut or quick)
- **OPTIONAL TOPPINGS:** sliced bananas or apples, frozen berries, cinnamon, yogurt, granola



Directions

1. Add all ingredients (besides toppings) for one serving to a mason jar, and stir to combine. Ensure oats are immersed in milk.
2. Cover securely with a lid and set in the refrigerator overnight (or for at least 6 hours).
3. When ready, enjoy as is or garnish with desired toppings.

Recipe adapted from www.minimalistbaker.com