



Peanut Butter Cup Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Water

Nutrition

Amount per serving	
Calories	375
Fat	18g
Carbs	46g
Fiber	8g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	89mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	322mg
Iron	3mg

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings: Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up: Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup: Use honey instead.

More Fiber: Add ground flaxseed.