

Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 4 servings



Directions

1. Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
2. Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
3. To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
4. To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Storage

Store covered in the fridge up to 4 days.

No Peanut Butter

Use almond butter, cashew butter or sunflower seed butter instead.

Ingredients

2/3 cup All Natural Peanut Butter (divided)

1/3 cup Maple Syrup (divided)

2 1/2 cups Unsweetened Almond Milk

2 cups Oats (quick)

2 tbsps Chia Seeds

4 cups Strawberries (finely chopped)

Nutrition

Amount per serving

Calories	570	Cholesterol	0mg
Fat	27g	Sodium	115mg
Carbs	71g	Vitamin A	330IU
Fiber	11g	Vitamin C	89mg
Sugar	30g	Calcium	410mg
Protein	17g	Iron	4mg

