

Peanut Butter and Banana Overnight Oats

Ingredients for Life

Overnight oats are a great way to meal prep ahead of time. They are an excellent source of whole grains, fiber, and protein to help keep you satisfied. Start with 1/2 cup of milk or milk alternative. If you prefer a thicker or thinner final product, just adjust your amount of liquid accordingly.

This classic combination of peanut butter and banana makes a tasty and filling breakfast, snack, or dessert. Customize your overnight oats with your milk, yogurt, nut butter, and toppings of choice.

Serves 1 **Serving size:** 1½ cups **Prep time:** 5 minutes **Cook time:** 0 minutes **Total time:** 5 minutes + overnight

Ingredients

- 1/2 cup oats (old fashioned or rolled oats work best)
- 1/2 cup milk or milk-alternative (1%, skim, almond, etc.)
- 1/2 cup nonfat Greek yogurt
- 1 Tablespoon chia seeds
- 1 Tablespoon maple syrup or honey
- 1/2 teaspoon vanilla extract
- 1 Tablespoon peanut butter (or nut butter of your choice)
- 1/2 banana, sliced (option to add banana before refrigeration or right before eating)
- Optional: additional sliced fruit or a few chocolate chips



Directions

1. Add all ingredients to a food-safe jar or food-storage container.
– *Option to add banana before refrigeration or right before eating.*
2. Mix until well combined.
3. Seal and place in refrigerator for at least 2 hours or overnight.
4. Top with sliced banana before serving if not previously added.

Nutrition Facts

Serves 1	
Serving size	1½ cups (366g)
Amount per serving	
Calories	443
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 6mg	2%
Sodium 179mg	7%
Total Carbohydrate 55g	18%
Dietary Fiber 11g	43%
Total Sugars 24g	
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 458mg	46%
Iron 3mg	16%
Potassium 533mg	15%
Phosphorus 167mg	17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition information based on recipe made with unsweetened almond milk