



## **Peanut Butter and Banana Overnight Oats**

SERVES 2

### **Ingredients**

1 cup of rolled oats, divided

1 1/2 cups of almond milk (or other nut milk, divided)

4 Tbsp chia seeds, divided

1 banana, sliced

2 Tbsp all natural peanut butter

2 Tbsp of pure maple syrup

4 tsp of cinnamon, divided

\*optional: pecans (or any nut) for topping

### **Instructions**

Pour 1/2 cup oats in two mason jars. Add in 3/4 cup of almond milk, 1 tablespoon of chia seeds, 1 tablespoon of maple syrup and 2 teaspoons of cinnamon to each jar. Mix to combine, screw the tops on and stick it in the fridge over night.

In the morning, you can either heat the oats up in the microwave or eat them cold. I like to add another dash of almond milk before eating the oats. You can do this before you heat them or before you mix in the toppings if you're eating them cold.

Add 1/2 of the sliced banana, 1 tablespoon of peanut butter to each jar of oats and top

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with chopped pecans and another drizzle of maple syrup, if desired.