

# PB Overnight Oats

The Vegan Gym · Breakfast · GF

**489 cal · 24g protein · 54g carbs · 20g fat · 1 serving**

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## Ingredients

- ½ cup rolled oats
- 2 tbsp PBFit powdered peanut butter
- 2 tbsp hemp seeds
- ¾ cup unsweetened soy milk
- 1 tbsp maple syrup
- ½ tsp cinnamon
- 2 tbsp sunflower seeds

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## Instructions

1. In a jar or container, combine rolled oats, PBFit powdered peanut butter, hemp seeds, and cinnamon.
2. Pour in soy milk and maple syrup. Stir well to combine.
3. Cover and refrigerate overnight (or at least 4 hours).
4. In the morning, stir and top with sunflower seeds.
5. Enjoy cold or heat in the microwave for 1-2 minutes.

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Generated by Meal Planner · Per serving macros