



PB & J Overnight Oats

INGREDIENTS

- 1/2 cup oats
- 1/2 cup milk
- 1 Tbsp maple syrup
- 1/4 cup plain yogurt
- 2 Tbsp raspberry jam
- 1 Tbsp peanut butter
- 1 Tbsp chopped peanuts



DIRECTIONS

- Add all ingredients except the jam, peanut butter and peanuts into a lidded jar or bowl. Give it a stir until it is all combined. Seal with a lid or plastic wrap.
- Let the oat mixture soak in the fridge for at least 2 hours, preferably overnight for 8+ hours (This will create a creamier consistency).
- Add jam, peanut butter and chopped peanuts, then stir. Enjoy!