

5-Minute PB&J Overnight Oats

yield: 1 SERVING

cook time: 0 MINUTES

prep time: 5 MINUTES

total time: 5 MINUTES



INGREDIENTS

- ½ cup rolled oats
- ½ cup milk (or alternative)
- 1 tbsp peanut butter
- 1 tbsp chia seeds*
- 1 tbsp maple syrup*
- 2 tbsp jam or jelly
- ½ cup berries (fresh or frozen)
- 1 tsp chopped pistachios*

INSTRUCTIONS

1. In a jar, combine oats, milk, nut butter, & chia seeds.
2. Add maple syrup & jam/jelly, then stir to combine.
3. Top with berries & pistachios.
4. Place lid on jar and refrigerate overnight.

Take this quick & easy breakfast on the go, or enjoy as an effortless meal that will fuel you for the day.

** optional*

Type of Oats: Use old-fashioned rolled oats. Quick or instant will be mushy.

Customize: milk (*cow, soy, cashew, almond*), nut butter (*peanut, almond, cashew, sunflower seed*), berries (*strawberries, blueberries, raspberries, blackberries*), jam/jelly (*strawberry, grape, raspberry*), sweetener (*maple syrup, honey, brown sugar*).

Storing: Oats will last 5 days refrigerated. Make several batches & enjoy later.

Add-In Ideas: sea salt, cinnamon, greek yogurt, other nuts, chocolate chips.