

Overnight Peanut Butter Protein Oats



PREP TIME:
5 MINUTES

REFRIGERATION:
OVERNIGHT

COOK TIME:
N/A

TOTAL TIME:
6+ HOURS

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- ½ Cup **Gluten Free** Rolled Oats
- ½ Cup Unsweetened Coconut Milk (*or Your Preferred Non-Dairy Unsweetened Milk*) – more for desired consistency
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds (optional)
- 2 TBSP Organic Unsweetened/Natural Peanut Butter (*or other nut butter of choice*)
- ½ TSP Pure Vanilla Extract
- ½ TSP Organic Cinnamon
- 1 TSP Organic Pure Maple Syrup – *more for desired sweetness*
- Pinch Himalayan Sea Salt

Instructions:

1. In a mason jar, add milk, chia seeds, ground flax (if using), peanut butter and maple syrup. Stir to combine keeping chunks of peanut butter in there. Yummier with chunks of peanut butter.
2. Add oats, vanilla, cinnamon and salt.
3. Make sure oats are submerged completely.
4. Place lid on mason jar and refrigerate overnight.
5. **Serving Options:** Cold / Warmed in small pot / microwave about 30-45 seconds | Add additional liquid to desired consistency.
6. **Optional Additions:** *Sliced Organic Strawberries, Sliced Bananas, Blueberry's*

***Try and use all organic ingredients if possible.**