

Overnight Peanut Butter and Banana Oatmeal

Ingredients:

1 cup skim milk or unsweetened soy milk
½ cup plain nonfat Greek yogurt
¾ cup rolled oats
1 tbsp chia seeds
1 tbsp peanut butter
1 banana, sliced
½ cup berries, for garnish
Drizzle of honey (optional)

Method:

- 1. Combine** milk, yogurt, oats, chia seeds and peanut butter in a jar or container with a lid.
- 2. Stir** to combine.
- 3. Ensure** oats are moistened and immersed in milk and yogurt.
- 4. Seal** with lid and refrigerate overnight.
- 5. To serve:** Pour half of the oat mixture into a bowl.
- 6. Top** with banana, berries and honey (if using).



Makes 2 servings. Per serving:

300 calories | 14g protein | 10g total fat | 1g saturated fat | 5g mono fat |
4g poly fat | 44g carbohydrate | 12g sugar | 8g fiber | 132mg sodium