**INGREDIENTS**

- 1/2 cup unsweetened plain almond milk
- 2 Tbsp natural salted peanut butter or almond butter (creamy or crunchy)
- 1 Tbsp maple syrup
- 1/2 cup rolled oats
- 3/4 Tbsp chia seeds (optional)
- Dried, frozen, or fresh fruit toppings (optional)

**INSTRUCTIONS**

To a mason jar or small bowl, add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn’t need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day). Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk. Cover securely with a lid or plastic wrap and set in the refrigerator overnight (or for at least 6 hours). The next day, open and enjoy as is or garnish with desired toppings (see options above). Overnight oats will keep in the refrigerator for up to 2 days, though best within the first 12-24 hours.

**Nutrition Per Serving (1 of 1):**
- Calories: 454
- Fat: 23.9g
- Saturated fat: 2g
- Sodium: 162mg
- Carbohydrates: 50.9g
- Fiber: 12g
- Sugar: 14.9g
- Protein: 14.6g

**EASY peanut butter overnight oats made with 4 ingredients and 5 minutes prep time.**
Great for mornings on the go!

**RECIPE COURTESY OF minimalistbaker.com**

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