

# Peanut Butter Banana Overnight Oats

2 Servings

## Ingredients:

- 1 small banana, mashed
- 2 tablespoons powdered peanut butter
- 1/4 cup nonfat vanilla Greek yogurt
- 3/4 cup almond milk, unsweetened
- 1 tablespoon honey
- 1 teaspoon vanilla extract
  
- 1 cup oats
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon

## Nutrition Facts

Servings: 2

Amount per serving

**Calories** **369**

% Daily Value\*

**Total Fat** 7.2g **9%**

Saturated Fat 0.9g **4%**

**Cholesterol** 1mg **0%**

**Sodium** 171mg **7%**

**Total Carbohydrate** 63g **23%**

Dietary Fiber 10.3g **37%**

Total Sugars 23g

**Protein** 17.6g

## Instructions:

1. Mash banana in a large bowl, add wet ingredients and mix until smooth.
2. Add in dry ingredients and mix again.
3. Cover and refrigerate for at least 8 hours. Serve cold.

## Jazz up your mornings with these healthy breakfast recipes.

ADD A HEAP OF QUICK COOKING OATS TO YOUR FAVORITE HOT CHOCOLATE OR MILK.



REPLACE FLOUR WITH OATS WHEN MAKING GOODIES LIKE PANCAKES AND COOKIES.



MAKE CREAMY SMOOTHIES BY BLENDING TOGETHER INSTANT OATS, LOW FAT MILK AND YOGURT. ADD YOUR FAVORITE FRUIT.



COOK INTO PORRIDGE. ADD MEAT AND VEGETABLES TO MAKE IT SAVOURY.



INCLUDE A CUP OF QUICK COOKING OATS TO YOUR BREAKFAST OMELETTE.

