

Title: PB & Banana Overnight Oats

<u>Code</u>
\$, Q, GF, V

Ingredients Needed:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup Greek yogurt
- 1 tsp chia seeds
- 1 Tbsp peanut butter
- 1 tsp honey
- 1/4 cup banana, ripened and sliced

Recipe Directions:

1. In a 1 cup jar or container, add oats, milk, yogurt, chia seeds, peanut butter, and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add bananas and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

<u>Nutrition Facts:</u>	
Yield	1
Calories	352
Total Fat	13g
Sat Fat	2g
Sodium	142mg
Added Sugar	6g
Carbohydrates	43g
Fiber	7g
Protein	19g

