



Peanut Butter, Chocolate, & Banana Overnight Oats

Serves: 1

Ingredients

-1/2 cup milk of choice (I used almond milk)

-1 teaspoon chia seeds

-2 tablespoons natural, creamy peanut butter

-1 tablespoon maple syrup (or sweetener of choice)

-1/2 cup old-fashioned oats

Toppings:

-Banana slices

-chocolate chips

Instructions

Add milk, chia seeds, peanut butter, and maple syrup to a jelly mason jar. Stir to combine. Stir in oats. Cover with lid and place in refrigerator over night (at least 6 hours). Put banana slices and chocolate chips on before eating. Enjoy!