

## OVERNIGHT OATS

**Prep Time:** 5 minutes

**Total Time:** 6 hours, or overnight

**Included in Box:**

- ½ c. oats, uncooked
- ½ c. 1% milk
- 1 T peanut butter

**Additional Ingredients Needed:**

- ½ tsp ground cinnamon
- 1 medium banana or small apple, sliced

**Directions:**

1. Combine milk and peanut butter in small bowl or sealable container. Stir to combine and break up chunks.
2. Add dry oatmeal and cinnamon; mix until well combined.
3. Cover and refrigerate overnight (or at least 6 hours).
4. Serve cold, or microwave for 1 minute. Add sliced banana or apple and enjoy!

**Tip:** Add yogurt for additional protein and flavor!



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 1 c.  
**Calories:** 404  
**Fat:** 12.5 g  
**Sodium:** 122 mg  
**Carbohydrates:** 65 g  
**Fiber:** 10 g  
**Protein:** 14 g  
**Carbohydrate Servings:** 4

*\*Nutrient facts include dry instant oats, 1% milk, Jif creamy peanut butter, 1 medium banana, and ground cinnamon.*