

Peanut Butter and Jelly Overnight Oats

Hosted by: Miriam Jirari, HDH Wellness Dietitian

Prep: 2 mins | Cook: 4 mins | Total: 6 mins

Yield: 4 servings

Ingredients:

- 1 cup fresh or frozen strawberries
- 2 cups old-fashioned or quick whole grain oats (try them gluten free!)
- 2 ½ tbsp chia seeds
- 2 cups unsweetened almond milk
- ½ cup plain Greek yogurt
- ¼ heaping cup all-natural peanut butter (or nut butter of choice)
- 1 tsp pure vanilla extract
- ¼ tsp sea salt
- 2-3 stevia packets (to taste)



Instructions:

1. Add strawberries and chia seeds to a small microwavable bowl. Microwave for 1 minute.
2. Mash mixture with a fork and then set aside.
3. Mix all remaining ingredients in a large bowl until well-combined.

Notes