

# PB&J OVERNIGHT OATS



## INGREDIENTS:

- 2 cups old-fashioned rolled oats
- 2 cups milk
- 2 tbsp honey
- 1/3 cup peanut butter
- 1/4 cup strawberry jam
- 1 cup chopped strawberries

## DIRECTIONS:

1. In a large mixing bowl, stir together oats, milk, honey, and peanut butter until combined. Cover and place in fridge to let set, at least 2 hours and up to overnight.
2. Divide mixture among four jars or bowls.
3. Top each portion with 1/4 cup strawberries and 2 tablespoons jam.

## BALANCING MEAL IDEAS:

1. Add flax seeds to increase whole grain and fiber intake
2. Add desired fruit choice

## NOTES:

- Choose your favorite type of milk, nut butter, or fruit jam
- This recipe is easily customizable based on your taste preferences

Reference: <https://www.delish.com/cooking/recipe-ideas/a25563807/peanut-butter-overnight-oats-recipe/>