



# PEANUT BUTTER BANANA OVERNIGHT OATS

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Start your day the a-peeling way with these Peanut Butter Banana Overnight Oats! This creamy, dreamy breakfast is bananas good, combining the rich nuttiness of peanut butter with the natural sweetness of ripe banana. Packed with hearty oats and a sprinkle of chia seeds, it's a wonderful way to fuel your morning. Just mix, chill, and wake up to a bowl that's oat-standing! 🥜🍌

### Ingredients

1 cup old-fashioned rolled oats  
1 cup milk of choice (kefir, almond milk, regular milk, etc.)  
1 ripe banana, mashed ( $\frac{1}{3}$  –  $\frac{1}{2}$  cup)  
2 tablespoons creamy peanut butter  
1 tablespoon pure maple syrup  
1 tablespoon flax meal or chia seeds (or  $\frac{1}{2}$  tablespoon of each)  
 $\frac{1}{2}$  teaspoon pure vanilla extract  
Pinch of fine salt  
For optional toppings: sliced bananas, peanut butter, chopped nuts, etc

### Directions

1. In a bowl, whisk together all of the ingredients except for the toppings.
2. Divide among three jars or containers.
3. Seal and refrigerate for at least 4 hours or overnight.
4. Add toppings just before eating.



*(Real Food Dietitians et al. peanut butter banana overnight oats)*