

PB&J Overnight Oats

1 Serving

Ingredients:

- 1/2 c rolled oats
- 1 tbsp PB2 (powdered peanut butter)
- 1 tbsp chia seeds
- 1 scoop vanilla protein powder
- 1 tbsp raspberry preserves
- 1 c Ripple milk, unsweetened

Optional: sweetener of choice

Directions:

- Combine all dry ingredients in a pint-sized wide-mouthed Mason jar
- Add in the preserves and stir as well as possible
- Add the milk
- Cover the Mason jar and shake it vigorously
- Store in the fridge overnight UPSIDE DOWN
- Before consuming, give the jar one more shake

Note: You can make several jars ahead of time and store for 4-5 days

Nutritional Facts per serving:

- ★ 487 Calories
- ★ 54.3g Carbs
- ★ 34g Protein
- ★ 13.7g Fat

