

PB cup Overnight Oats

Servings: 1

Prepping Time:

3 HOURS 20 MINS

Ingredients

- For the overnight oats:
- 1/3 cup vanilla or plain nonfat greek yogurt*
- 2/3 cup unsweetened vanilla almond milk
- 1/2 tablespoon chia seeds
- 1/2 cup rolled oats, gluten free if desired
- For topping:
- 1 tablespoon natural, drippy peanut butter (just peanuts + salt)
- 2 tablespoons semisweet or dark chocolate chips
- 1/4 teaspoon coconut oil
- Optional: flaky sea salt



Directions

- Add yogurt, almond milk and maple syrup (if using) to a medium bowl and stir until well combined and creamy. Stir in chia seeds and oats. Cover bowl and place in the fridge for 2-3 hours or overnight.
- Once ready to assemble, spoon overnight oats into a 8 ounce mason jar or glass leaving a small amount of room between the top surface of the oats and the rim of the jar for the topping.
- Make the chocolate topping by microwaving chocolate chips and coconut oil in a small bowl in 30 second intervals, stirring in between, until chocolate is melted.
- Top the jar of overnight oats with 1 tablespoon of peanut butter, then with 1 tablespoon of the melted chocolate mixture, spreading the chocolate to the rim of the jar so that it completely covers the peanut butter.
- Place jars in the freezer for 10 minutes or until the chocolate hardens. If you'd like, sprinkle the tops with a little flaky sea salt. Use a spoon to crack open the chocolate shell. Enjoy!

- Nutrition
- Serving: 1 serving
- Calories: 502cal Carbohydrates: 53.1g Protein: 20.8g Fat: 24.1g Saturated Fat: 7.3g Fiber: 9.6g Sugar: 11.5g