

Kids at the Co-op

WHAT'S FOR BREAKFAST

Overnight Oats

Overnight oats are super easy and quick to make, but they must be made the night before, to ensure they “cook” all the way through!

Oats are incredibly nutritious, packed with important vitamins, minerals and antioxidants. In addition, they're high in fiber and protein compared to other grains.

Banana Peanut Butter Overnight Oats

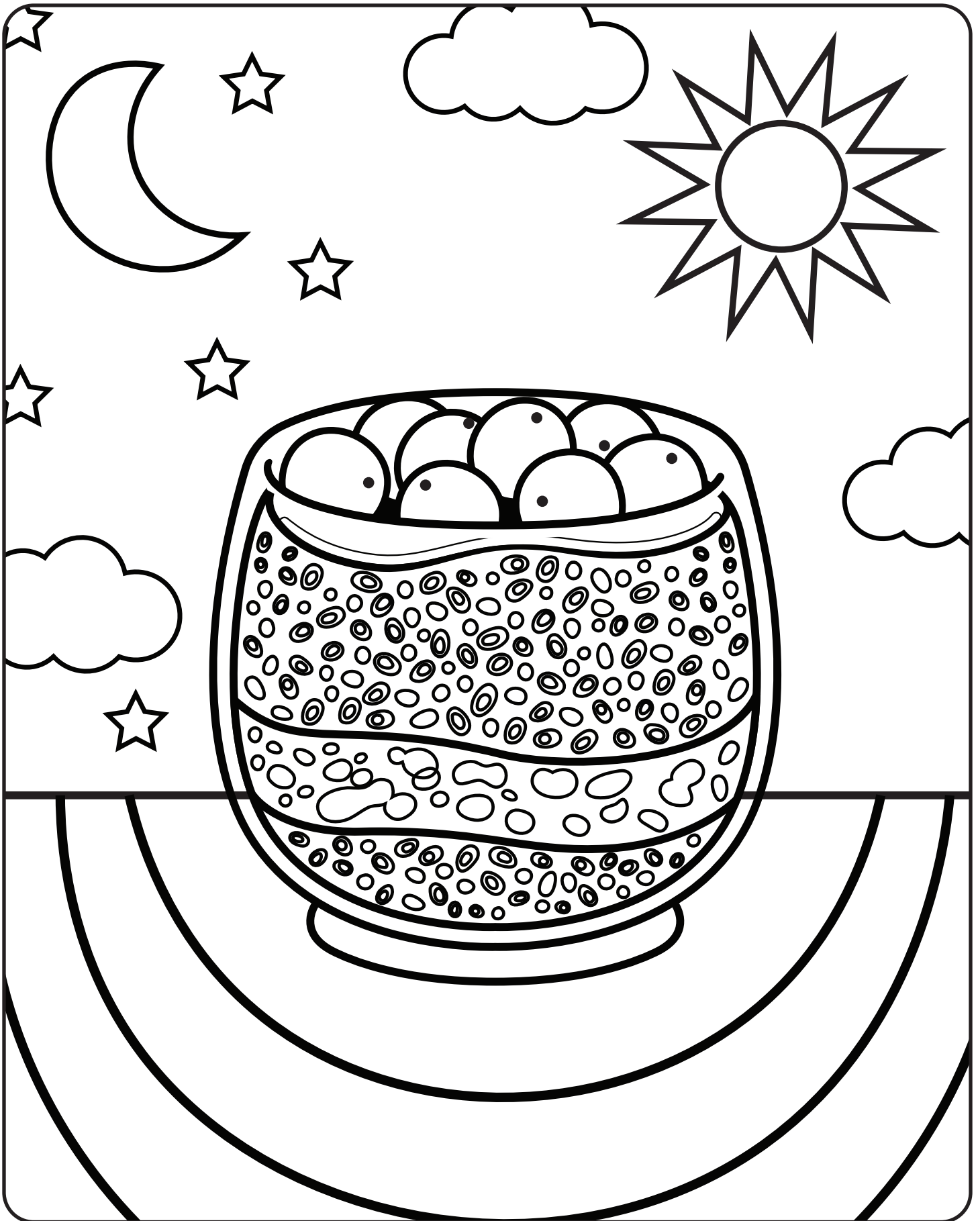
- 1/2 cup unsweetened plain almond milk
- 3/4 Tbsp chia seeds
- 2 Tbsp natural salted peanut butter or almond butter (creamy or crunchy and sub other nut or seed butter)
- 1 Tbsp maple syrup or honey
- 1/2 cup rolled oats (rolled oats are best, vs. steel cut for quick cooking)
- 1 Banana
- options!: granola, more fruit, bee pollen

To a mason jar or small bowl with a lid, add almond milk, chia seeds, peanut butter, and maple syrup and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).

Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.

Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.

The next day, open and enjoy as is or garnish with a banana, granola, bee pollen, and any other yummy fruits on hand.



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