



Chocolate Chip Peanut Butter Overnight Oats

INGREDIENTS

- 1/3 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 1 tsp brown sugar replacement (I use Swerve)
- 2 Tbsp PB2
- 1 Tbsp Maple Farms sugar-free syrup
- 1/2 Tbsp chia seeds
- 1 tsp mini chocolate chips

NUTRITION FACTS

Serves: 1

Amount Per Serving:

- Calories 234
- Total Fat 8 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 229 mg
- Carbohydrate 36 g
- Dietary Fiber 7 g
- Sugars 7 g
- Protein 10 g
- myWW Blue: 6
- myWW Purple: 3
- myWW Green: 6

DIRECTIONS

1. In mason jar (or similar container), combine all ingredients except chocolate chips.
2. Stir lightly to combine.
3. Top with chocolate chips.
4. Refrigerate overnight and serve cold the next morning.

This recipe can be found at:

<https://planningushealthy.com/pb-overnight-oats>

Copyright © 2020 Planning Us Healthy