



Peanut Butter & Jelly Overnight Oats

INGREDIENTS

- 1/3 cup old-fashioned oats
- 1/2 cup unsweetened almond milk (the vanilla flavor works great too)
- 1 tsp brown sugar replacement (I use Swerve)
- 2 Tbsp PB2
- 1 Tbsp Maple Farms sugar-free syrup
- 1/2 Tbsp chia seeds
- 1-1/2 Tbsp Smuckers sugar-free strawberry jam (or any 0-point jam of choice)

NUTRITION FACTS

Serves: 1
Amount Per Serving:

- Calories 238
- Total Fat 7 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 229 mg
- Carbohydrate 40 g
- Dietary Fiber 11 g
- Sugars 4 g
- Protein 10 g
- myWW Blue: 5
- myWW Purple: 2
- myWW Green: 5

DIRECTIONS

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

This recipe can be found at:

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

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