



Peanut Butter & Blueberry Chia Oats

2 servings

8 hours

Ingredients

1/3 cup All Natural Peanut Butter (divided)
 3 tbsps Maple Syrup (divided)
 1 1/4 cups Unsweetened Almond Milk
 1 cup Oats (rolled)
 1 tbsp Chia Seeds
 2 cups Blueberries

Nutrition

Amount per serving	
Calories	619
Fat	29g
Carbs	82g
Fiber	12g
Sugar	38g
Protein	18g
Cholesterol	0mg
Sodium	116mg
Vitamin A	392IU
Vitamin C	14mg
Calcium	402mg
Iron	4mg
Selenium	14µg

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least three hours or overnight.
- 3 To prepare the blueberries, add them to a bowl with the remaining maple syrup. Stir to coat the blueberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened blueberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

No Peanut Butter: Use almond butter, cashew butter, or sunflower seed butter instead.