PB & J OVERNIGHT OATS

Time: Overnight! / Servings: 1

INGREDIENTS

- ½ cup skim milk
- 2 Tbsp creamy peanut butter
- ½ cup oats
- ½ cup frozen berries

DIRECTIONS

1. In a small jar or bowl, combine milk and peanut butter
2. Put a lid on the jar and shake until peanut butter is dissolved.
3. Add oats and berries.
5. Open, and eat!

NUTRITION FACTS (PER SERVING):

- Calories: 432
- Total Fat: 20g
- Saturated Fat: 5g
- Cholesterol: 10mg
- Sodium: 209mg
- Potassium: 325mg
- Carbohydrates: 49g
- Fiber: 7g
- Sugars: 16g
- Protein: 18g
- Vitamin A: 6%
- Vitamin C: 10%
- Calcium: 21%
- Iron: 16%

Recipe adapted from: http://fitfoodiefinds.com/2015/03/pb-j-overnight-oats/#_a5y_p=3600865