

Peanut Butter Chocolate Overnight Oats

1 Serving • 1 Serving = 1 Bowl



INGREDIENTS

- ½ cup old fashioned oats, uncooked
- ½ cup low-fat or nonfat milk
- 1 teaspoon honey
- ½ teaspoon cocoa powder
- 1 Tablespoon crunchy peanut butter

DIRECTIONS

1. Add all ingredients to a small bowl, jar, or sealed container. Mix well to combine.
2. Cover and refrigerate overnight.

Nutrition Facts

1 servings per container	
Serving size	1 Bowl
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 6g Added Sugars	12%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 174mg	15%
Iron 2mg	10%
Potassium 350mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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