



PB BANANA BLUEBERRY OVERNIGHT OATS

SERVES 1 | PREP 6hrs 5 min | COOK 0 mins | READY 6hrs 5 mins



Like many, I went without breakfast in the morning because I felt busy and too tired to prepare something in the morning. Overnight oats are a perfect solution to that. They're made the night before and take very little time to assemble. And there are so many variations! You can use non-dairy milk like oat, soy, almond, or coconut milk as an alternative. Change it up and use different types of toppings if you'd like! Berries and nuts add extra layers of flavor. For this recipe I chose to use frozen blueberries because they can be stored longer and are more cost effective. The milk and peanut butter pack 16 grams of protein.

WHY IS PROTEIN IMPORTANT?

Protein is essential for building and repairing our muscles, skin, and hair. It helps us feel full.

INGREDIENTS

- 1/2 cup milk (can also use almond, soy, or any other kind of milk)
- 3/4 tbsp chia seeds
- 2 tbsp peanut butter
- 1 tbsp honey or maple syrup
- 1/2 cup rolled oats (steel cut work too!)
- 1/2 mashed banana (you can leave in bigger chunks for more texture)
- 1/4 cup frozen blueberries



METHOD

Mix milk, chia seeds, peanut butter, honey, mashed banana, and oats together. Store in the refrigerator for at least 6 hours and up to 5 days

You can make your overnight oats vegan by opting for a plant-based milk. This breakfast can be taken on-the-go and you can keep in an insulated lunch bag.



THE FINAL PRODUCT



COST PER SERVING

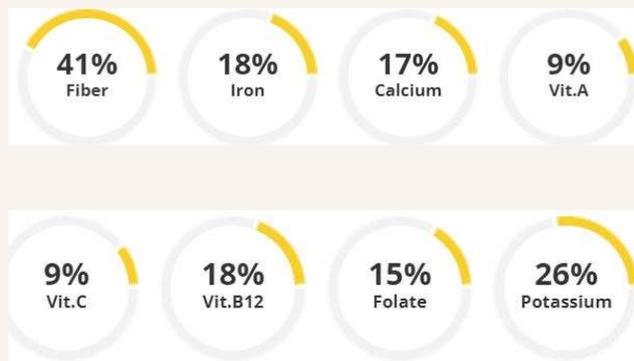
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|----------------------------|------------------------------|
| Milk: \$0.09 | \$1.23 is less than the cost |
| Chia Seeds: \$0.19 | of your average |
| Peanut Butter: \$0.18 | smoothie/coffee/fast food |
| Honey: \$0.25 | sandwich and it packs |
| Oats: \$0.21 | more nutrition. |
| Banana: \$0.11 | |
| Frozen Blueberries: \$0.20 | |

Total: \$1.23

*Cost per serving calculations based on pricing at King Soopers.

NUTRITION INFO

| | |
|-----------|------------|
| Energy | 470.9 kcal |
| Protein | 16.1 g |
| Net Carbs | 50.0 g |
| Fat | 20.9 g |



ABOUT THE AUTHOR:



Diana Mills is a dietetic intern at MSU Denver. She enjoys cooking and food photography. Follow her for more recipes:

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