



Recreation and Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

Peanut Butter and Banana Overnight Oats

Ingredients:

Makes about 2 servings

1 large ripe banana, mashed (about ½ cup)

¼ cup creamy peanut butter

1 cup old fashioned rolled oats

1 cup milk of your choice

1 tbsp chia seeds

½ tsp vanilla extract

½ tsp ground cinnamon

1 tsp agave or honey or any sweetener of your choice

Optional toppings: bananas, maple syrup, dark chocolate shavings or chips, coconut shavings



Directions:

1. In a medium bowl, mash your banana with a fork.
2. Add the remaining ingredients to the bowl and mix until well combined
3. Pour the mixture into two airtight containers and refrigerate for at least 3 hours or overnight.
4. When ready to eat, give the oats a good stir, add toppings of your choice, and enjoy!

Recipe from: <http://domesticate-me.com/vegan-peanut-butter-and-banana-overnight-oats/>

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment with one of our dietitians.