



# Peanut Butter Banana Overnight Oats

**SERVING SIZE:** ½ cup of oats

**SERVINGS:** 1

**PREPARATION TIME:** 5 minutes

## INGREDIENTS:

- 2 tablespoons crunchy peanut butter
- ½ medium banana
- ½ cup old-fashioned oats
- ½ cup low-fat cow, almond or soy milk

## DIRECTIONS:

1. In a jar or container, pour in oats then milk.
2. Add the crunchy peanut butter to the container.
3. Cut the banana into slices and add to the container.
4. Attach the lid to the jar or container, and place into the refrigerator overnight.
5. Take out of the fridge in the morning and enjoy!



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>446</b>
<b>Total fat</b>	20g
Saturated fat	5g
<b>Cholesterol</b>	6mg
<b>Sodium</b>	180mg
<b>Total Carbohydrate</b>	51g
Fiber	7g
Total Sugar	18g
Includes 2g of Added Sugars	
<b>Protein</b>	19g
<b>Phosphorus</b>	395mg
<b>Potassium</b>	783mg

## EQUIPMENT NEEDED:

- Screw top jar or container
- Knife
- Refrigerator

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)