

Cooking with the DIETITIANS

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.
4. Close again and shake gently. Refrigerate overnight.
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

A collaboration with USF Dining