



## Chia Jam Peanut Butter Overnight Oats

SERVINGS: 2

PREPPING TIME: 15 MINS

COOKING TIME: 5 MINS

### INGREDIENTS

1 cup rolled oats  
1 cup unsweetened soy milk  
2 tbsp. unsalted peanut butter  
1 cup strawberries or raspberries fresh  
1 tbsp. chia seeds

### DIRECTIONS

1. Add the strawberries and chia seeds into a blender and process until well combined.
2. Pour into a jar or container and allow the chia jam to set in the fridge for at least one hour or overnight.
3. Next in a medium bowl, combine the oats, soy milk, and peanut butter. Mix until well combined and place in the fridge overnight to soak.
4. The next morning, place the chia jam into the bottom of two jars and top with overnight oats and fresh strawberries.

### NUTRITION

Serving size: 1.5 cups

(per serving) 343.1 calories, 14.6g fat, 2.3g saturated fat, 0mg cholesterol, 43.6mg sodium, 40.9g carbohydrate, 9.3g fiber, 5.6g sugar, 15g protein