FLEURISH / DOCTOR'S KITCHEN

Overnight oats

with peanut butter & banana

Creamy oats waiting in the fridge for an easy morning.



Serves 1 **Prep 5 min** **Chill 6+ hr** **Total 6 hr + 5 min**

INGREDIENTS

- ☐ 1/2 cup old-fashioned rolled oats
- ☐ 3/4 cup milk of choice
- ☐ 1 tbsp peanut butter
- ☐ 1/2 medium banana
- ☐ 1/4 tsp ground cinnamon
- ☐ 1 small pinch salt (optional)

LET'S COOK

☐ **1. Mix**

In a 12- to 16-oz lidded jar, stir peanut butter with about 2 tbsp of the milk until smooth. Add oats, remaining milk and optional salt; stir until every oat is wet.

☐ **2. Chill**

Cover and refrigerate at least 6 hours or overnight.

☐ **3. Top & enjoy**

Stir, adding a splash of milk if needed. Slice banana over the oats and add cinnamon. Eat cold, or remove the lid and microwave for 1 minute.

Keep covered oats refrigerated up to 3 days; add banana only when serving. Wrap the remaining banana half and eat it the same day.