



## Apple Peanut Butter Overnight Oats

*Mornings can be busy. On busy days, these make-ahead overnight oats are lifesavers. Prep five of them at once on a Sunday night so you have breakfast for the whole week. Use a Mason jars or portable Tupperware containers so you can easily grab one as you run out of the door.*

**Prep: 5 minutes • Total: 10 minutes**

### Ingredients:

Rolled oats, uncooked	2 ½ cups	525 mL
Milk, 1%	2 ½ cups	525 mL
Vanilla	2 ½ tsp	12.5 mL
Cinnamon, ground	2 ½ tsp	12.5 mL
Hemp hearts	1/3 cup	70 mL
Chia seeds	5 Tbsp	75 mL
Peanut butter, natural	1/3 cup	70 mL
Apple, cored and cubed	3 each	3 each

### Directions:

1. Wash and dry 5 mason jars and lids.
2. Split the rolled oats by dividing ½ cup into each of the 5 mason jars.
3. Divide the milk (½ cup each), vanilla (½ tsp each), cinnamon (½ tsp each), hemp hearts (1 Tbsp each), chia seeds (1 Tbsp each), and peanut butter (1 Tbsp each) into the 5 mason jars.
4. Stir each of the mason jars to combine the ingredients evenly.
5. Divide the apple between the jars.
6. Tightly seal the mason jars with lids and store in the fridge for up to 1 week.

### Nutrition Facts

Serving Size (287g)

Servings Per Container

Amount Per Serving

**Calories** 480    Calories from Fat 190

% Daily Value\*

**Total Fat** 21g   **32%**

Saturated Fat 3g   **15%**

Trans Fat 0g

**Cholesterol** 5mg   **2%**

**Sodium** 120mg   **5%**

**Total Carbohydrate** 55g   **18%**

Dietary Fiber 12g   **48%**

Sugars 18g

**Protein** 18g

**Vitamin A** 0%   • **Vitamin C** 6%

**Calcium** 25%   • **Iron** 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Makes 5 servings (287 g / serving) • 1 serving = 1 mason jar**

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