

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

Ingredi	ients:
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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
Brown sugar, lightly packed	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.
- Divide the milk (½ cup each), vanilla (½ tsp each), cinnamon (½ tsp each), hemp hearts (1 Tbsp each), chia seeds (1 Tbsp each), brown sugar (1 Tbsp), 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 per gram:

Amount Per Serving				
Calories 48	0 Calo	ries from	Fat 190	
% Daily Value*				
Total Fat 21	g		32%	
Saturated	Fat 3g		15%	
Trans Fat	0g			
Cholesterol	5mg		2 %	
Sodium 120	mg		5 %	
Total Carbo	hydrate	55g	18%	
Dietary Fi	ber 12g		48 %	
Sugars 18	ßg			
Protein 18g				
Vitamin A 0%	•	Vitamin (C 6%	
Calcium 25%	6•	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: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Fat 9 • Carbohydrate 4 • Protein 4

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

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