

# PEANUT BUTTER AND JELLY OVERNIGHT OATS

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## Ingredients

### Found in the Food Pantry:



- Oatmeal
- Chia Seeds
- Peanut Butter
- Jam (Any Flavor)
- Almond Milk (or any milk of your choice)

### Additional Needs:

- Fresh Fruit for Garnish



## Directions

- In a jar or container, combine rolled oats, chia seeds, and almond milk in a 1:1:2 ratio (for example, 1/4 cup oats, 1/4 cup chia seeds, and 1/2 cup almond milk). Stir well.
- Add 1-2 tablespoons of peanut butter and 1-2 tablespoons of jam/jelly to the mixture and stir until well distributed.
- Cover the jar or container with a lid and refrigerate it overnight or for at least 4 hours.
- Before serving, give the overnight oats a good stir. If the mixture seems too thick, you can add more almond milk to achieve your desired consistency.
- Garnish with fresh raspberries before enjoying your Peanut Butter and Jelly Overnight Oats.

