

Choco Fever Dream

Peanut Butter Banana Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp natural peanut butter
- [ ] 1 ripe banana, sliced
- [ ] 1 tsp honey or maple syrup
- [ ] 1 tbsp chia seeds

Optional Toppings

- [ ] A sprinkle of cinnamon
- [ ] Crushed peanuts or walnuts
- [ ] Fresh berries

Instructions

1. In a medium bowl or a large jar, whisk the milk with the peanut butter until fully blended, letting the nutty aroma fill the kitchen.
2. Stir in the rolled oats, chia seeds, and honey, then gently fold the sliced banana into the mixture, watching the creamy texture come together.
3. Cover the container tightly and place it in the refrigerator. Let the oats soak for at least four hours or, ideally, overnight.
4. In the morning, give the oats a quick stir, top with a pinch of cinnamon, extra banana slices, or crunchy nuts, and enjoy straight from the jar.
5. If you'd like a warmer breakfast, microwave for 30-45 seconds, then stir again; the flavors will stay just as delightful.

Nutrition per serving

350 kcal	12 g	40 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, swap half the milk for Greek yogurt.
- If the oats seem too thick, add a splash of extra milk before serving.
- Make a big batch and portion into individual jars for quick weekday breakfasts.