

Choco Fever Dream

Peanut Butter Overnight Oats – High-Protein Breakfast

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

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or almond)
- [ ] 2 tbsp natural peanut butter
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tbsp chia seeds
- [ ] 1 scoop vanilla protein powder (optional)
- [ ] Pinch of sea salt

Toppings (optional)

- [ ] Sliced banana
- [ ] Fresh berries
- [ ] Toasted peanuts or almonds
- [ ] Cinnamon sprinkle

Instructions

1. In a jar or bowl, whisk together milk and peanut butter until smooth; the scent of nutty butter will fill the kitchen.
2. Stir in rolled oats, chia seeds, protein powder, honey, and a pinch of salt; gently fold so everything is coated.
3. Cover the container and place it in the refrigerator for at least 6 hours or overnight. Oops, don’t forget the lid!
4. In the morning, give the oats a quick stir, add your favorite toppings, and enjoy chilled or warmed. You might remember the basic overnight oats you tried before.

Nutrition per serving

380 kcal	22 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother texture, use rolled oats instead of instant oats.
- If you prefer it sweeter, add a bit more honey or a splash of maple syrup.
- Experiment with cocoa powder for a chocolatey twist.