



Dark Chocolate Peanut Butter & Banana Overnight Oats

With fill-you-up fibre and hunger-curbing protein, this scrumptious overnight oats delivers long lasting breakfast satisfaction.

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Makes: 2 servings

Ingredients

1 banana, mashed
1/2 cup quick steel cut oats
1/2 cup milk
1/2 cup vanilla Skyr yogurt
2 Tbsp powdered peanut butter or 2 Tbsp natural peanut butter
2 Tbsp unsweetened cocoa powder
2 Tbsp chia seeds

Optional toppings: natural peanut butter, chopped dark chocolate, banana slices

Instructions

1. In a medium bowl, stir together all ingredients until well-combined.
2. Spoon oat mixture into two glass jars, cover and refrigerate overnight.
3. When ready to eat, add optional toppings and enjoy.