

CHOCOLATE PEANUT BUTTER BANANA

# OVERNIGHT OATS



Photo Retrieved from: <https://www.eatingbirdfood.com/chocolate-banana-overnight-oats/>

# CHOCOLATE PEANUT BUTTER BANANA INGREDIENTS



1 ripe banana

3/4 Cups  
Oats



2 tsp  
Cocoa  
Powder

1 tsp  
Chia  
Seeds

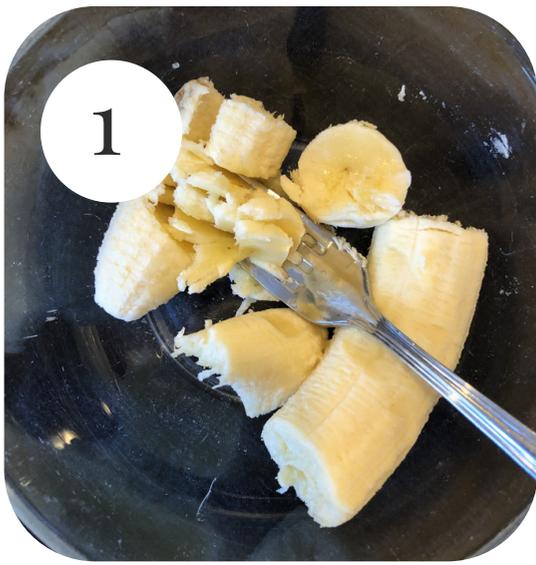


1 tsp  
Ground  
Flaxseeds

3/4 Cups  
Almond  
Milk



1 tbsp  
Peanut  
Butter



Peel the banana and cut it into small pieces.



Squish with a fork until the banana looks like this.



Put the squished banana in your oatmeal container. I used a jar for mine, you could use a regular glass.



Add  $\frac{3}{4}$  cups of oats. You can do this by scooping a  $\frac{1}{4}$  cup 3 times.



Add 1 teaspoon of chia seeds.



Add 1 teaspoon of flax seeds.



Add 2 tsp of cocoa powder.



Add 1 tbsp of peanut butter.



Add 3/4 cups of almond milk.



Mix everything together.



Close your container with a lid or plastic wrap. Put it in the fridge.



Wait until the next morning to take it out of the fridge.



Take it out in the morning and enjoy!



You can put extra fruit and peanut butter on top if you want.