



Peanut Butter Raisin Overnight Oats

Ingredients:

1/2 cup dry rolled oats
2 teaspoons chia seeds
1/2 cup water
1 Tablespoon unsweetened peanut butter
1/4 cup unsweetened raisins
1/4 teaspoon cinnamon
Pinch pure vanilla extract
1 to 2 teaspoons 100% pure maple syrup (or to taste)

Suggested Toppings:

1 tsp un-sweetened peanut butter

Instructions:

1. Mix the oats, chia seeds and water together in a jar (or in a bowl)
2. Add the cinnamon, vanilla, raisins and peanut butter
3. Add pure maple syrup to taste (optional)
4. Cover the jar with a lid (or cover bowl)
5. Leave to soak in the fridge overnight
6. Serve in a bowl in the morning, or simply eat straight out of the jar with a spoon
7. Top with an extra teaspoon of unsweetened peanut butter

Nutritional Information:

- Servings: 2
 - Servings size: about ¾ cup
 - Calories: 210 kcal
 - Total Fat: 6 g
 - Saturated Fat: 0.9 g
 - Unsaturated Fat: 1 g
 - Trans Fat: 0 g
 - Cholesterol: 0 mg
 - Sodium: 0.2 mg
 - Carbohydrates: 33.5 g
 - Fiber: 4.3 g
 - Sugar: 14.3 g
 - Protein: 5.3 g
- *does not include topping