



High Protein Peanut Butter Banana Overnight Oats

Creamy peanut butter banana overnight oats packed with protein from siggi's yogurt and healthy fats from peanut butter and chia seeds. This easy peanut butter banana overnight oats recipe seriously tastes like a slice of banana bread or banana cream pie! The perfect breakfast for busy mornings.

Course Breakfast, Gluten Free, Vegetarian
Cuisine American

Keyword peanut butter banana overnight oats, peanut butter overnight oats

Prep Time 10 minutes

Cook Time 4 hours

Total Time 4 hours 10 minutes

Servings 4 servings

Calories 406 kcal

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Ingredients

- 2 large ripe banana, mashed
- 2.5 cups almond milk (or milk of choice)
- 2 (5 oz) cup vanilla siggi's yogurt (or sub plain)
- 2 cup gluten free rolled oats
- 1 teaspoon cinnamon
- 2 tablespoon chia seeds
- 4 tablespoons peanut butter, plus more if you want layers
- **To make it pretty/for garnish:**
- Banana slices

Instructions

1. Add mashed banana, almond milk and siggi's yogurt to a large bowl and stir together until well combined and creamy. Stir in oats, cinnamon and chia seeds. Then cover and place in the fridge for 4 hours or overnight.
2. Once ready to serve, divide between two 12 ounce mason jars, layering peanut butter and extra banana slices in the middle, if you'd like.
3. Top each overnight oat serving with 1 tablespoon of peanut butter and a few extra banana slices, if desired. If you like crunch, add extra chia seeds and/or chopped peanuts on top. Serves 2.

Recipe Notes

To make these vegan or dairy free: feel free to use siggi's plant based cups instead of their yogurt. YUM!

Nutrition Facts

High Protein Peanut Butter Banana
Overnight Oats

Amount Per Serving (1 jar (1/2 of the recipe))

Calories 406 Calories from Fat 131

% Daily Value*

Fat 14.6g **22%**

Saturated Fat 1.1g **7%**

Carbohydrates 55.3g **18%**

Fiber 10.7g **45%**

Sugar 15g **17%**

Protein 19.4g **39%**

* Percent Daily Values are based on a 2000 calorie diet.