



# PEANUT BUTTER BANANA OVERNIGHT OATS

## Ingredients:

1 crumbled BeBOLD bar

1 cup of rolled oats

1 cup of milk

1/4 cup peanut butter (or almond butter)

1 small ripe banana, sliced

optional: 2 tsp chia or flax feeds

**Directions:** mix all ingredients and refrigerate for at least 6 hours

Recipe Created by Brianne



