

**Overnight No-Cook Oats**

(original source: <http://minimalistbaker.com/peanut-butter-overnight-oats/>)

Ingredients:

1/2 cup (120ml) almond milk

3/4 Tbsp (9g) chia seeds

2 Tbsp (32g) salted peanut or almond butter

1 Tbsp (15ml) maple syrup

1/2 cup (45g) oats

Optional toppings: fruit, nuts, granola, jam, yogurt

Directions:

1. Mix almond milk, chia seeds, and maple syrup in a mason jar.
2. Add oats and ensure that they are thoroughly moistened and fully immersed in the liquid.
3. Add peanut butter and swirl into the oat mixture.
4. Fasten the lid of the mason jar and place in the fridge for 6-24 hours.
5. Add desired toppings and enjoy!