

Peanut Power Overnight Oats

Time: 5 mins prep + overnight chill | Serves 1



Materials

- Jar or lidded container (~300–400 ml)
- Spoon
- Measuring cups/spoons
- Small knife + board (to chop fruit)

Ingredients

- ½ cup rolled oats
- 1 tbsp peanut butter
- ½ cup milk (any type)
- ¼ cup canned peaches or fresh fruit, chopped

Instructions

- Add oats, milk and peanut butter to the jar.
- Stir well so the oats are fully moistened.
- Seal and refrigerate overnight (at least 6–8 hours).
- Top it with your choice of fruit.
- Enjoy cold in the morning. Stir and add a splash of milk if it's thicker than you like.

Swaps/Add-ins

- Fruit: any canned (drained), frozen or fresh fruit (e.g., apple, banana, berries).
- Peanut butter is optional; use honey or sugar instead.
- Add a dash of cinnamon or vanilla.

Meal Prep / Leftovers

- Smart way to prepare brekkie in advance.

Scan here for
recipe video

