

# Peanut butter-banana overnight oats

## Ingredients:

- 1 Cup oats
- 1 Tablespoon chia seeds (optional)
- 1 Serving (230 ml) Alula GOLD Kid milk pre-prepared according to instructions on tin
- ¼ Cup Peanut Butter
- 1 Tablespoon Honey
- ½ Teaspoon cinnamon
- 1 Teaspoon Vanilla extract

Preparation time: 7 min

Serves: 3



## Garnish:

- 2 Large bananas
- 1 Tablespoon toasted nuts (optional)



## Instructions:

- 1 Prepare Alula GOLD Kid according to instructions on tin.
- 2 In a separate, large mixing bowl, combine the dry ingredients: oats and chia seeds (optional).
- 3 Stir in the Alula GOLD Kid milk, honey, vanilla extract, and cinnamon.
- 4 Stir until evenly distributed.
- 5 Cover the bowl and refrigerate overnight. The mixture can also be portioned into individual-portion containers before refrigerating.
- 6 In the morning, remove container from the fridge.
- 7 Top with freshly sliced bananas and toasted nuts (optional) & enjoy!