



PB&J OVERNIGHT OATS

April 2

National Peanut Butter and Jelly Day

INGREDIENTS

- 4 Cups Rolled Oats
- 6 Cups Unflavored Milk
- ½ Cup Chia Seeds
- 1⅛ Cups Peanut Butter
- ½ Cups Raspberry or Strawberry Jam

DIRECTIONS

1. Combine all ingredients together in a bowl and stir until well combined.
2. Divide into resealable jars or airtight containers.
3. Let soak in the fridge for at least 4 hours or overnight.
4. Stir before eating and enjoy.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	⅔ Cup	1¼ Cups