



PB&J OVERNIGHT OATS

OREGON
Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

10 minutes

COOK TIME

NA

SERVES

3

INGREDIENTS

- 3 almost-empty Oregon Growers jam jars
- 3 tablespoons creamy peanut butter
- 2 tablespoons **Oregon Growers Honey**
- 1 1/4 cups milk
- 2 1/2 cups rolled oats
- 3 tablespoons chia seeds, optional

PREPARATION

1. In a mixing bowl, whisk together the creamy peanut butter, honey, and milk until well combined and smooth.
2. Mix in the rolled oats and chia seeds if using.
3. Using a 1/4 measuring cup, divide the oats mixture amongst 3 jars. Seal the jars and transfer them to the fridge. Let the oats sit in the fridge overnight, or at least for 6 hours, before serving. Serve on their own, or top with Greek yogurt, additional Oregon Growers jam, and fresh fruit.

***Tip:** Once you've emptied an Oregon Growers jam jar, keep it tucked in the back of the fridge for this recipe, up to two months.*

Click **HERE** to view our Recipe

Click **HERE** for more Info about Oregon Growers Honey