Peanut Butter Banana Overnight Oats

A creamy, satisfying make-ahead breakfast flavored with peanut butter and fresh banana.

Prep 10 min **Cook** 0 min **Serves** 2
Rest / chill 240 min

Ingredients

- ☐ 1 cup rolled oats
- ☐ 1 cup milk of choice
- ☐ ½ cup plain yogurt
- ☐ 2 tbsp smooth peanut butter
- ☐ 1 tbsp chia seeds, optional
- ☐ 1 tsp maple syrup, optional
- ☐ 1 banana, sliced for serving
- ☐ Pinch of cinnamon



Spoon & Joy recipe illustration.

Before you start

Add the banana later
Slice it at serving time for the freshest texture. The oat mixture can chill overnight without the fruit.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Whisk milk, yogurt, peanut butter and maple syrup until smooth.

2. Stir in rolled oats and optional chia seeds.

3. Divide into two covered jars and refrigerate at least six hours.

4. Stir well in the morning, adding milk if too thick.

5. Top with sliced banana and cinnamon just before eating.

Storage & making ahead

Store covered in the refrigerator and eat within 2-3 days for best texture; add banana fresh.

A useful variation Try a teaspoon of cocoa powder for a chocolate variation. Use seed butter if appropriate for nut allergies.

Read this recipe on Spoon & Joy