

Overnight Oats

Base Ingredients

1 C rolled oats & 1 C milk of choice (*I use almond*)

PB&J

- 2 tsp peanut butter
- 2 tsp jelly (watch for added sugars)
- 1 tsp chia seeds
- 4-5 strawberries, mashed or chopped
- ½ cup blueberries

Banana Nut Bread

- ½ mashed banana
- 2 T chopped pecans or walnuts
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp chia seeds
- 2 tsp honey

Blueberry Muffin

- ¼ c blueberries
- 1 T honey
- ½ tsp cinnamon
- ½ tsp vanilla
- 1 tsp chia seeds

Chunky Monkey

- 2 tsp peanut butter
- 1 tsp chia seeds
- 1 tsp honey
- 1 T chocolate chips
- ½ mashed banana

MADE WITH LOVE

by Teresa Forchard