

Peanut Butter & Jelly Overnight Oats

Ingredients

- (1/4 cup) Great Value Instant 100% Whole Grain Old Fashioned Oats Cup, 42 oz
- (1 tbsp) Great Value Organic Ground Cold Milled Flax Seed, 16 oz (453g) – USDA Certified, Allergen-Free
- (1 tbsp) Great Value Strawberry Preserves, 30 oz
- (1 tbsp) SunButter Original Sunflower Seed Butter 16 oz Jar
- (1/4 cup) bettergoods Plant-Based Original Soymilk, Half Gallon
- 2 cut up strawberries

Instructions

1. Combine all ingredients in a small container with a lid.
2. Store in the refrigerator overnight.
3. Stir the mixture before enjoying!

Nutritional Information: Serving Size: 1

- Calories: 335 kcal
- Total Fat: 13.1 grams
- Protein: 11.85 grams
- Carbohydrates: 42 grams
- Dietary Fiber: 7.35 grams
- Sugars: 19 grams - 12 gram (added sugars)

Allergies: Soy

