

# Nut Butter Overnight Oats



1/2 cup rolled oats

1 Tbsp chia seeds

1/2 cup unsweetened almond or coconut milk

1/2 Tbsp maple syrup

2 Tbsp nut butter

1. Place the first four ingredients in a mason jar and stir well to combine. Add the nut butter and stir again—don't worry about it being perfectly mixed in.
2. Store in the fridge overnight and eat for breakfast the next morning.