



Simple | Healthy | Delicious

Peanut Cheesecake Overnight Oats

INGREDIENTS

½ cup old-fashioned oats
2 teaspoons chia seeds
1 tablespoon Nature's Earthly Choice™ Peanut Powder
¼ cup vanilla or plain yogurt
2 teaspoons honey or maple syrup
¼ cup milk of choice
¼ cup softened or whipped cream cheese
1 graham cracker, crushed



DIRECTIONS:

1. Combine oats, chia seeds, and peanut powder. For a stronger peanut flavor, add more powder. Mix in yogurt and honey.
2. Transfer to a jar. Add milk and stir well.
3. Tightly cover the jar and refrigerate overnight, or at least 6 hours.
4. For silkier oatmeal, add more milk. Top with cream cheese and graham cracker crumbs.