GLOBAL · BREAKFAST

Peanut Butter and Strawberry Overnight Oats

5 min · Serves 1 · 378 kcal a serve · Video 4:46 · Clean & Delicious

Vegetarian

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Oats and chia give fibre (about 9 g), Greek yoghurt and peanut butter add protein (about 17 g), and it is sweetened with strawberries and a few drops of stevia instead of sugar.

Ingredients 8 · SERVES 1

- [ ] 45 g **rolled oats**
- [ ] 120 ml **unsweetened vanilla almond milk**
- [ ] 60 g **plain Greek yoghurt** (2% fat)
- [ ] ¼ tsp **cinnamon**
- [ ] 2–3 drops **liquid stevia**
- [ ] 1 tbsp **natural peanut butter**
- [ ] 1 tsp **chia seeds**
- [ ] 50 g chopped **strawberries**, fresh or frozen

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Peanut, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the oats, almond milk, yoghurt, cinnamon, sweetener (if using), peanut butter and chia seeds in a jar or bowl. 1:20
2. Stir well, working the peanut butter right through so it does not stay in a lump. 3:04
3. Fold in the chopped strawberries. 2:50
4. Cover and chill for at least 3 hours, ideally overnight, until cold and creamy. 3:13
5. If you like, top with extra strawberries and a little more peanut butter. Stir in a splash of almond milk if the oats have thickened after a day or two. 3:37

> **Tip** Time is hands-on only: chill at least 3 hours or overnight. Make 4–5 jars at once; they keep 4–5 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
378 kcal	17 g	43 g	8.7 g	17 g	160 mg
1,580 kJ	34% of a day	34 g net · 6.5 g sugars	31% of a day	4.3 g saturated	7% of a day
		16% of a day		21% of a day	

Energy from net carbs 38% · protein 19% · fat 43%

High in (20%+ of a day) Omega-3 52% · Selenium 41% · Vitamin E 34% · Vitamin C 33% · Magnesium 29% · Calcium 27% · Zinc 25%

Source of (10–19%) Vitamin B12 19% · Iron 18% · Folate 12% · Potassium 11% · Vitamin B6 10%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=eNkZJrXKC70, published 3 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cd-peanut-butter-strawberry-overnight-oats