

# Breakfast Peanut Butter, Jelly, & Banana Oatmeal

**Source:** Foodwhine.com

**Yield:** 1 serving

**Prep time:** 10 minutes

## Ingredients:

- 1/4 cup oats
- 1/4 cup milk
- 1/4 cup yogurt
- 1/2 tsp chia seeds
- 6 thin slices of banana
- 1 tbsp. peanut butter
- 1 tbsp. jam or 1/4 cup berries

## Directions:



1. In a mason jar, add oats, milk, yogurt, chia seeds, banana, and peanut butter. Stir well.

2. Top with jam, then put on the lid and refrigerate overnight.