



INGREDIENTS

- 6 Cups Milk
- ½ Cup Chia Seeds
- 1½ Cups Peanut Butter
- ¾ Cup Maple Syrup
- 6 Cups Rolled Oats
- 6 Cups Banana, Strawberries or Raspberries (sliced)

DIRECTIONS

1. In a large bowl, add milk, chia seeds, peanut butter and maple syrup and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the milk.
2. Add oats and stir a few more times. Press down with a spoon to ensure all oats have been moistened and are immersed in milk.
3. Separate 1 cup of the mixture equally into 14 mason jars or bowls.
4. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to soak.
5. Add fruit topping per portion sizes below and enjoy.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

14 Cups

PORTION SIZES

Toddler:	½ Cup + ¼ Cup Fruit
Preschool:	½ Cup + ½ Cup Fruit
School Age:	¾ Cup + ½ Cup Fruit
Adult:	1½ Cups + ½ Cup Fruit