



# BREAKFAST OF CHAMPION (WRITERS)

## RASPBERRY PB OVERNIGHT OATS

### INGREDIENTS

1 CUP RASPBERRIES

1/2 CUP MILK

1 TBSP PEANUT BUTTER

1/2 CUP DRY OATS (UNCOOKED)

DASH OF CINNAMON

### INSTRUCTIONS

#### The night before your retreat:

- Combine oats, PB, raspberries, and cinnamon in a jar or container (glass or tupperware)
- Top with milk
- Let sit in container with lid overnight

#### The morning of your retreat:

- Enjoy cold or heat up!

#### Recipe Substitutions:

- Milk: Almond milk, soy milk, oat milk, lactose free milk
- Peanut Butter: Any other nut or seed butter
- Can use any fruit

