

Chocolate, Banana & Peanut Butter Overnight Oat Breakfast Puddings

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Gather & Feast

These Chocolate, Banana and Peanut Butter Overnight Oat Puddings tick all the boxes. With creamy oats, mashed banana, and peanut butter mixed together, they create a perfectly balanced mix of flavours and textures. The touch of maple syrup and a sprinkle of cocoa powder give it just the right amount of sweetness without being too rich.

SERVES 4-6 | **TOTAL TIME** 10 minutes (+ overnight setting time)

INGREDIENTS

Oat mixture

- 160g (2 cups) rolled oats
- 40g (1/4 cup) flaxseed meal/linseed meal
- 2 tablespoons hemp seeds (optional)
- 500ml (2 cups) milk of choice (I've used soy)
- 250g (1 cup) thick unsweetened Greek yoghurt
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 3 tablespoons smooth or crunchy peanut butter
- 2 small ripe bananas (or 1 large), mashed

Topping

- Roughly 1 cup thick unsweetened Greek yoghurt
- 1-2 tablespoons dark Dutch-processed cocoa powder



METHOD

1. In a medium-sized bowl, combine the mashed banana, rolled oats, flaxseed meal, hemp seeds (if using), milk, Greek yoghurt, maple syrup, vanilla extract, and peanut butter. Stir well to ensure all ingredients are evenly distributed.
2. Divide the oat mixture between four glasses or small containers.
3. Spoon a generous dollop of Greek yoghurt onto each serving, smoothing it out with the back of a spoon.
4. Dust each serving with dark Dutch-processed cocoa powder.
5. Place the glasses or containers in the fridge and allow the puddings to set overnight, covered or uncovered.

NOTES

Dairy-Free/Vegan Option: For a dairy-free or vegan option, use plant-based milk and yoghurt.

Customisable Sweetness: The ripe banana and maple syrup naturally sweeten the oats. If you prefer a sweeter taste, you can adjust the amount of maple syrup to your taste or swap it with honey or sweetener of your choice.

Peanut Butter: Smooth peanut butter blends seamlessly into the oat mixture, but if you enjoy a bit of crunch, feel free to use crunchy peanut butter. Almond or cashew butter can also be substituted if preferred.

Cocoa Powder: Dutch-processed cocoa powder is ideal for a deep chocolate flavour, but you can also use regular unsweetened cocoa or cacao powder if that's what you have on hand.

Optional Add-ins: Boost the protein/nutritional value by adding 2 tablespoons of vanilla protein powder to the oat mixture.

Meal Prep Friendly: These puddings are perfect for meal prep. Make a batch at the beginning of the week, and you'll have breakfast ready to go. They keep well in the fridge for up to 4 days.

Chilling Time: While overnight is ideal for the best texture, if you're short on time, 3-4 hours of chilling will still yield a good result.

Storage: These puddings will keep in the fridge for up to 4 days.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/chocolate-banana-peanut-butter-overnight-oat-breakfast-puddings>

Let me know if you make the recipe! x **@gatherandfeast**