

## B-ROAR'S PB&J OVERNIGHT OATS

 1 bowl

### INGREDIENTS

- 1 cup of A-Peanut Butter Overnight Oat Base [286 g]
- 1 quarter cup of A-Blueberry Compote [78 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (371 g)	% DRI
ENERGY	116 kcal	431 kcal	22 %
FAT	4 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	146 mg	543 mg	23 %
CARBOHYDRATE	16 g	60 g	20 %
SUGARS	4 g	15 g	—
FIBER	2 g	9 g	36 %
PROTEIN	6 g	21 g	—