

OVERNIGHT PROTEIN OATS

- 1/2 cup unsweetened almond or cashew milk
- 1/2 Tbsp. chia seeds
- 1 Tbsp. natural salted peanut butter or almond butter (creamy or crunchy)
- 1 scoop protein powder - chocolate or vanilla (use whey or a plant-based protein, your choice)
- 1 tsp maple syrup (sub coconut sugar, raw sugar, brown sugar, or stevia to taste)
- 1/2 cup rolled oats (sub gluten free oats if you wish)



TOPPINGS optional | not included in nutritional information: berries, sliced banana, sprinkle of granola

INSTRUCTIONS:

In a Mason jar or small jar/bowl with lid (easy transport!), add the milk, chia seeds, nut butter, protein powder, sweetener, and oats; mix to lightly combine.

Close lid or cover securely and refrigerate overnight.

Health benefits of this recipe:

- High in Protein
- A good source of heart healthy fats (Unsaturated Fat)
- Low Sodium
- Low Sugar
- High Fiber
- A good source of Calcium, Iron, Potassium
- Balanced Carbohydrates

Nutrition Facts

Servings: 1

Amount per serving

Calories **430**

% Daily Value*

Total Fat 13g 17%

Saturated Fat 1.9g 10%

Cholesterol 65mg 22%

Sodium 198mg 9%

Total Carbohydrate 44g 16%

Dietary Fiber 7.5g 27%

Total Sugars 6.3g

Protein 33.4g

Vitamin D 1mcg 3%

Calcium 390mg 30%

Iron 3mg 19%

Potassium 376mg 8%