



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	311
Fat	11g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish, Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers, Keep well in the fridge for 3 to 4 days.

No Almond Butter, Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder, This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.