

High Protein Overnight Oats



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup dry old fashioned oats
- 2 scoops vanilla protein powder
- 2/3 cup unsweetened almond milk
- 1/2 tbsp chia seeds
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/2 tbsp pumpkin seeds
- 1/8 cup raspberries or blackberries

DIRECTIONS

1. Stir together oats, protein powder, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Refrigerate oat mixture in mason jar or small container overnight.
3. Top with berries and pumpkin seeds.

NUTRITION INFO

Calories: 426, Carbohydrate: 23 grams, Protein: 55 grams, Fat: 14 grams