



High Protein CREAMY ORANGE OVERNIGHT OATS — Makes 1 Serving

Ingredients:

- 1/3 cup old-fashioned oats
- 1 teaspoon chia seeds
- 1 packet stevia or preferred sweetener
- 2 Tablespoons vanilla whey protein powder
- 1/4 cup unsweetened vanilla almond milk
- 2 Tablespoons orange juice
- 1/3 cup plain, nonfat Greek yogurt
- 1 teaspoon orange (clementine) zest
- 1 large clementine or mandarin orange, peeled and sectioned
- 1 teaspoon slivered almonds and/or hemp seeds

Instructions:

- Add the first 4 dry ingredients to a container with a lid or Mason jar. Mix well to combine.
- Add the next 4 ingredients and mix well.
- Add clementine slices and garnish with almonds or hemp seeds
- Cover and refrigerate for several hours or overnight.
- If you prefer to layer it like a parfait, leave off the clementine and nuts/seeds and add in the morning.

Creamy Orange Overnight Oats

Nutrition facts per serving: 290 calories, 6g total fat, .5g sat fat, 125mg sodium, 37g total carbohydrate, 7g dietary fiber, 13g sugars, 24g protein

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