

RECIPE

Overnight Oats



Serves **1** person

Ingredients

- ½ cup rolled oats
- 1 cup of milk of choice
- ½ scoop of protein powder

Preparation

1. Place milk and oats in a container or mason jar.
2. Place in fridge overnight. Can eat cold or hot.

Tips

Get creative!

Toppings: berries, greek yogurt, protein powder, peanut or almond butter, cinnamon, flaxseed, walnuts or almonds, ½ banana.