

Protein Berry Overnight Oats



2 servings



15 minutes

INGREDIENTS

- Rolled oats: $\frac{1}{2}$ cup
- Chia seeds: 1 Tbsp
- Greek yogurt (plain, 2% or 0%): $\frac{1}{2}$ cup
- Milk (1% or unsweetened almond): $\frac{1}{2}$ cup
- Whey or protein powder (vanilla or unflavored): 1 scoop (~25 g protein)
- Mixed berries (frozen or fresh): $\frac{1}{2}$ cup

Optional:

- 1 tsp honey or maple syrup
- Cinnamon
- Dash vanilla extract

DIRECTIONS

1. In a mason jar or sealable container, mix all ingredients well.
2. Seal and refrigerate overnight (or at least 4 hours).
3. In the morning, stir and enjoy. Eat cold or microwave for 30–45 seconds if desired.

Est. Macros:

Calories: 460 Protein: 32g Carbs: 50g Fat: 13g

