

Mocha Overnight Protein Oats

Susan Alsembach

This breakfast is a great blend of our favourite morning flavours, the coffee giving that slight bitterness, which is balanced by the almond milk, with the oats adding some fibre.

It takes minutes to make but will leave you feeling full and ready to tackle the day ahead!

Enjoy,
Susan

Mocha Overnight Protein Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
2. Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 162 grams** Oats (rolled)
- 48 grams** Chia Seeds
- 22 grams** Cocoa Powder
- 49 grams** Chocolate Protein Powder
- 480 milliliters** Unsweetened Almond Milk
- 237 milliliters** Organic Coffee (brewed and chilled)
- 30 grams** Cacao Nibs