



## Overnight Vanilla Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

### Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

### Notes

**Extra Garnish:** Add cacao nibs, chocolate chips, seeds or nuts.

**Leftovers:** Keep well in the fridge for 3 to 4 days.

**No Almond Butter:** Omit, or use peanut butter or sunflower seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.