

OVERNIGHT PROTEIN OATMEAL - 2 WAYS

By: Jen Gerasimas

Servings: 1

Total time: 5 minutes prep + overnight soak

Ingredients

Blueberry and Almond Overnight Oats

- ½ cup thick oats (Thick oats are a must. You can use Gluten Free.)
- 1 scoop protein powder
- ½ cup dairy or nondairy milk of your choice
- 1-2 generous Tbsps of plain greek yogurt
- 1 Tbsp honey
- 1 tsp vanilla
- a good dash cinnamon
- ¼-1/3 cup fresh or frozen blueberries
- 1 Tbsp sliced raw almonds

Dark Chocolate Cherry Overnight Oats

- ½ cup thick oats (Thick oats are a must. You can use Gluten Free.)
- 1 scoop protein powder (optional)
- 1 Tbsp unsweetened cocoa powder
- ½ cup dairy or nondairy milk of your choice
- 1-2 generous Tbsps of plain greek yogurt
- 1 Tbsp honey
- 1 tsp vanilla
- a good dash of cinnamon
- 1/2 cup frozen or fresh dark cherries



Directions

1. Combine all ingredients except fruit and nuts in a small jar. Top with fruit and raw almond slices, if using. Put the lid on the jar and let sit in the fridge overnight.
2. When ready to eat, stir oats with fruit and raw almond slices. Enjoy.

Notes:

- Overnight oats last 3-4 days in the fridge.