

Treasure Barrel

High-Protein Overnight Oats

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 scoop vanilla protein powder
- [ ] 1 cup unsweetened almond milk
- [ ] 1/2 cup Greek yogurt
- [ ] 1 tbsp chia seeds
- [ ] 1 tbsp honey

Toppings

- [ ] 1/2 cup mixed berries (fresh or frozen)
- [ ] 2 tbsp chopped almonds or walnuts
- [ ] A pinch of cinnamon (optional)

Instructions

1. In a roomy jar or bowl, combine rolled oats, protein powder, almond milk, Greek yogurt, chia seeds, and honey. grab breakfast ideas will spark your mind as you stir.
2. Stir thoroughly until the powder is fully dissolved; the mixture should look smooth with a hint of amber.
3. Seal the container and place it in the refrigerator for at least 6 hours or overnight. While you wait, the oats will soften and the chia will swell, creating a pudding-like texture.
4. In the morning, give the jar a quick shake, then top with berries, nuts, and a sprinkle of cinnamon. If you prefer a warmer bowl, microwave for 30 seconds.
5. Enjoy directly from the jar or transfer to a bowl; savor the creamy texture and the sweet-tart burst of fruit.

Nutrition per serving

320 kcal	22 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, add an extra tablespoon of yogurt before sealing.
- If the oats are too thick, thin with a splash of additional milk.
- Try adding a dash of vanilla extract for a richer aroma.