

High Protein

OVERNIGHT OATS



Peachyfitbychinami

Overnight Oats

INGREDIENTS

- 10-12 oz greek yogurt
- $\frac{2}{3}$ cup old fashioned oats
- $\frac{1}{2}$ cup of milk
- 2 tbs chia seeds
- 2 cups of mixed fruits or some berries
- $\frac{1}{4}$ cup sliced almonds or nuts



METHOD

- 01** To a small mixing bowl add yogurt, oats, milk, and chia seeds then stir to combine.
- 02** To layer the overnight oats in mason jars. Let oat mixture sit and thicken for 5min then scoop $\frac{1}{2}$ cup into the bottom of each mason jar. Top with $\frac{1}{2}$ cup of fruits or berries then repeat layers. Top with sliced almonds or nuts then screw on the lids.
- 03** Alternatively, divide the oat mixture between two storage containers, top each with half the fruit or berries and sliced almonds, and then cover.
- 04** Store high protein overnight oats in the refrigerator for at least 1 hour before eating. Can be refrigerated for 3-4 days.

Enjoy the taste!!