



The Overnighter Oatmeal

Ingredients

- 1/4 cup rolled oats
- 1/2 cup almond milk
- 1/2 scoop chocolate protein powder
- 1/4 banana, cut
- 1 tbsp chia seeds
- 1 tbsp cocoa powder
- 1/2 tbsp cinnamon



Directions

1. Combine all ingredients in small jar.
2. Place in refrigerator overnight.

Nutritional Facts

Recipe serves 1

Calories: 306

Fat: 15.6 g

Carbs: 32.1 g

Protein: 20.7 g