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PB & Berry Protein Oats

Prep Time: 10 min.

Ingredients:

Rolled oats, 1/2 cup
Vanilla or plain protein powder, 1/2 cup
Chia seeds, 2 tbsp
Cinnamon, 1/4 tsp
Low-fat milk, 2/3 cup
Peanut butter, 1 tbsp
Raspberries, 1/4 cup, fresh or frozen
Vanilla extract (optional), 1/4 teaspoon

Directions:

1. In a wide-mouth half-pint glass jar, layer in oats, protein powder, chia seeds, and cinnamon.
2. Stir in milk and vanilla if using.
3. Top with peanut butter and raspberries.
4. Seal shut and chill for two or more hours or up to three days.

Game changers:

Use oats labeled "gluten-free," or try spelt, kamut, or quinoa flakes instead of oats.

Replace protein powder with 1/4-cup Greek yogurt, and decrease milk to 1/2-cup.

To make dairy-free, use a plant-based protein powder and nondairy milk.

Try topped with strawberries or blackberries instead of raspberries.