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Mocha Overnight Oats

Ingredients:

Steel-cut oats, 1/2 cup
Protein powder, 1 scoop
Chia seeds, 1 tbsp
Cocoa powder, 1 tbsp
Maple syrup, 1 tbsp
Cinnamon, 1/2 tsp
Strongly brewed coffee (hot), 3/4 cup
Low-fat milk, 1/4 cup

Directions:

1. In a jar or Tupperware container, combine the oats, protein powder, chia seeds, cocoa powder, syrup, and cinnamon.
2. Stir in the hot coffee, and cover tightly.
3. Refrigerate the mixture overnight.
4. In the morning, top with some warmed milk and any desired toppings like berries and nuts.