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Overnight Oatmeal

Ingredients:

Oats, 1/2 cup

Low-fat Greek yogurt, 1/2 cup

1% milk, 1/2 cup (or coffee)

Whey protein (flavor of choice), 1 scoop

Fresh strawberries, 200 g

Cinnamon to taste

Directions:

1. Combine the first three ingredients and mix well.
2. Stir in one scoop of protein.
3. Top with fresh strawberries and a dash of cinnamon.
4. Place in a covered container and chill in refrigerator overnight.
5. Enjoy cold or warm in the morning!