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Overnight Protein and Berry Oats

Prep Time: 10 min. Cook Time: 0 min.

Serving size: 1 bowl

Makes 1 serving

Ingredients

1/2 cup old-fashioned oats

1 tbsp chia seeds

1 tsp vanilla extract

1 packet (2 scoops) N+B Vanilla Spice Whole Foods Shake

1 cup unsweetened almond milk

1/4 cup frozen blueberries

1 tsp organic honey

1/2 tsp cinnamon

Directions

1. Mix all ingredients together in a small bowl or cup.
2. Refrigerate overnight.
3. Top with more blueberries and a sprinkle of cinnamon.
4. Enjoy!