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### **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.