



## **Brownie Overnight Protein Oatmeal**

### **Ingredients**

Unsweetened almond milk (or low fat milk of choice) 1/2 cup  
Plain, nonfat Greek yogurt (or mashed banana or pumpkin) 1/4 cup  
Unsweetened cocoa powder 1 tbsp (or more, to taste)  
Sea salt 1/8 tsp  
Stevia or Splenda 2 packets  
Old-fashioned rolled oats 1/2 cup  
MET-Rx Ultramyosyn Whey chocolate protein powder 1/8 cup

### **Directions**

In a small bowl, mix all of the ingredients together.

Divide between two small bowls, mugs, or mason jars.

Cover and refrigerate overnight so that the oats soften and absorb the liquid.

Top with chopped nuts or topping of choice! Enjoy cold or microwave for 30-60 seconds to enjoy warm!

### **Nutrition Facts**

Serving size: 1 bowl  
Recipe yields 1 serving  
Calories 283  
Fat 7 g  
Carbs 36.5 g  
Protein 23 g

