

Simple Bites

Overnight Protein Oats (Proats)

Have you ever eaten oatmeal only to be starving an hour later? That won't happen with this delicious combo of muscle building protein, healthy fats and complex carbs for energy. This will keep you going all morning!

**Nutrition content will vary depending on ingredients used, but this will pack between 25-40 grams of protein. Be sure to adjust ingredients to suit your personal food allergies and sensitivities.*



- ½ Cup Old Fashioned Oatmeal
- 1 tsp Chia Seeds
- ½-1 Serving Protein Powder of Choice
- ¼ Cup Plain Greek Yogurt
- ½ Cup Milk of Choice
- Small Pinch of Salt
- 1 Tbs Peanut Butter or Any Nut Butter (smooth or crunchy)
- ½ Cup of Fruit of Choice

Optional Flavor Boost:

- splash of vanilla
- sprinkle of cinnamon
- drizzle of honey, maple or a bit of stevia

In a mason jar or other container with a lid, mix oats, chia, protein powder, yogurt, milk and salt. Put the lid on and give it a good shake. Top with fruit and nut butter. Let sit overnight and your brekkie is ready to go!!!

**If you want it thinner add a little more milk or water.*

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When you are fueling for fitness, quick and balanced options are the key to success!