

Choco Fever Dream

High-Protein Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 scoop vanilla whey protein powder
- [ ] 1 cup unsweetened almond milk
- [ ] ½ cup Greek yogurt
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp honey
- [ ] ¼ tsp ground cinnamon
- [ ] Pinch of sea salt

Toppings (optional)

- [ ] Fresh berries
- [ ] Sliced banana
- [ ] Toasted almonds
- [ ] Drizzle of nut butter

Instructions

1. In a jar or bowl, combine rolled oats, protein powder, and chia seeds; give them a quick toss.
2. Add almond milk, Greek yogurt, honey, cinnamon, and a pinch of sea salt; stir until everything is evenly blended.
3. Seal the container and refrigerate overnight (or at least 4 hours) so the oats soften and the chia seeds expand.
4. In the morning, stir the mixture again, add a splash of extra milk if needed, and top with your favorite berries, banana slices, or toasted almonds.
5. Enjoy straight from the jar or transfer to a bowl for a comforting breakfast.

Nutrition per serving

320 kcal	28 g	35 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, use full-fat Greek yogurt.
- If the mixture is too thick, add more almond milk a tablespoon at a time.
- Feel free to swap honey for maple syrup or agave for a vegan version.