

Mocha Protein Overnight Oats

Web Recipe · Breakfast · GF

400 cal · 26g protein · 46g carbs · 14g fat · 4 servings

Ingredients

- 2 cups rolled oats
- 2 cups unsweetened soy milk
- 1/2 cup brewed espresso cooled
- 2 scoops chocolate vegan protein powder
- 4 tbsp almond butter
- 4 tbsp chia seeds
- 2 tbsp cocoa powder
- 2 tbsp maple syrup
- 1 tsp vanilla extract

Instructions

1. In a large bowl, whisk chocolate protein powder into soy milk until dissolved.
2. Add rolled oats, brewed espresso, almond butter, chia seeds, cocoa powder, maple syrup, and vanilla extract.
3. Stir thoroughly until everything is well combined.
4. Divide into 4 jars or containers. Cover and refrigerate overnight (at least 6 hours).
5. In the morning, stir well. Top with cacao nibs, sliced almonds, or banana slices.
6. Enjoy cold or microwave for 1-2 minutes.

Generated by Meal Planner · Per serving macros