

Overnight Berry Protein Oats

The Vegan Gym · Breakfast · GF

550 cal · 35g protein · 68g carbs · 18g fat · 4 servings

Ingredients

- 4 cups rolled oats (340g)
- ¼ cup chia seeds (40g)
- ¼ cup ground flax seeds (24g)
- 8 scoops vanilla protein powder (148g)
- 4 cups unsweetened soy milk
- 4 cups frozen blueberries
- 4 small bananas
- 4 brazil nuts

Instructions

1. In a large bowl, combine rolled oats, chia seeds, and ground flax seeds.
2. Add protein powder and mix well to avoid clumps.
3. Pour in soy milk and stir thoroughly until everything is well combined.
4. Divide the mixture into 4 containers. Top each with 1 cup frozen blueberries.
5. Cover and refrigerate overnight (or at least 6 hours).
6. In the morning, stir well. Top each serving with a sliced banana and 1 brazil nut.
7. Enjoy cold or heat in the microwave for 1-2 minutes.

Generated by Meal Planner · Per serving macros