

Coconut Protein Overnight Oats



PREP TIME

5 mins



COURSE

Breakfast, Gluten Free



SERVINGS

2 servings

CALORIES

287 kcal

INGREDIENTS

- 1 c unsweetened coconut milk (like silk)
- ¾ c unsweetened vanilla coconut yogurt (So Delicious)
- ¾ c oats
- 2 Tbsp shredded coconut
- 1 scoop Vanilla protein powder
- stevia to taste

INSTRUCTIONS

1. In a dry skillet, toast the coconut over medium heat for 2-3 minutes until fragrant. Set aside.
2. Mix coconut milk beverage, coconut yogurt, oats, toasted coconut, and protein powder in a bowl until well combined.
3. Divide into 2 mason jars and let sit in the fridge overnight.

NUTRITION

Nutrition Facts

Coconut Protein Overnight Oats

Amount Per Serving

| | | | |
|-----------------------|--------|-------------------|----|
| Calories | 287 | Calories from Fat | 94 |
| % Daily Value* | | | |
| Fat | 10.4g | 16% | |
| Carbohydrates | 31.75g | 11% | |
| Protein | 14g | 28% | |

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!