

# PB Protein Overnight Oats

Web Recipe · Breakfast · GF

420 cal · 24g protein · 48g carbs · 16g fat · 4 servings

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## Ingredients

- 2 cups rolled oats
- 2 cups unsweetened soy milk
- 1 cup plain soy yogurt
- 4 tbsp natural peanut butter
- 2 scoops vanilla vegan protein powder
- 4 tbsp chia seeds
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon

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## Instructions

1. In a large bowl, whisk protein powder into soy milk until dissolved (this prevents clumps).
2. Add rolled oats, soy yogurt, peanut butter, chia seeds, maple syrup, vanilla extract, and cinnamon.
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. Add a splash of milk if too thick.
6. Serve cold or microwave for 1-2 minutes. Top with sliced banana, blueberries, or hemp seeds.

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Generated by Meal Planner · Per serving macros