



High-Protein Overnight Oats

Description

Sure! Here's a simple and nutritious recipe for High-Protein Overnight Oats:

Ingredients:

- **1/2 cup rolled oats**
- **1 cup milk of choice** (dairy, almond, soy, etc.; for higher protein, consider using a high-protein milk like soy or pea milk)
- **1/2 cup Greek yogurt** (plain or flavored)
- **1-2 tablespoons protein powder** (optional; choose your favorite flavor)
- **1 tablespoon chia seeds** (for added fiber and omega-3s)
- **1-2 teaspoons honey or maple syrup** (optional, for sweetness)
- **1/2 teaspoon vanilla extract** (optional)
- **Toppings of your choice** (e.g., fresh fruit, nuts, seeds, nut butter, or shredded coconut)

Instructions:

1. **Mix Base Ingredients:** In a medium-sized mixing bowl or jar, combine the rolled oats, milk, Greek yogurt, protein powder (if using), chia seeds, honey or maple syrup (if using), and vanilla extract. Stir well until everything is thoroughly mixed.
2. **Adjust Consistency:** If the mixture is too thick, you can add a little more milk to reach your desired consistency.
3. **Refrigerate:** Transfer the mixture into a jar or airtight container. Cover it, and place it in the fridge overnight (or for at least 4-6 hours) to allow the oats to absorb the liquid and soften.
4. **Serve:** In the morning, give your overnight oats a good stir. Add a splash of milk if you prefer a thinner consistency.
5. **Top It Off:** Add your favorite toppings such as fresh fruits (bananas, berries, or apples), nuts, seeds, or a dollop of nut butter.
6. **Enjoy:** Enjoy your high-protein overnight oats cold or heat them up in the microwave if you prefer them warm.

Tips:

- For more flavor, you can add spices like cinnamon or nutmeg.
- You can customize the recipe by adding different fruits, seeds, or other mix-ins based on your preference.
- Store the oats in the fridge for up to 3-5 days, making it a convenient meal prep option!

Enjoy your nutritious and filling breakfast!

Category

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