

Protein Overnight Oats

Great for fueling up and meal prepping for the week. I almost always have this on deck during the week. Makes 2 large mason jars full for the week.

Ingredients

- 2 Cups Protein Yogurt - I use Siggis Vanilla or Plain
- 1 Cup Almond Milk - I use Vanilla Almond Milk
- 2 Scoops Protein Powder - I Use Four Sigmatic Vanilla
- 2 Cups Old Fashioned Rolled Oats. - I Use Bobs Red Mill Organic
- 8 Teaspoons Maple Syrup - You can use honey/coconut sugar. I prefer syrup
- 1 Teaspoon Vanilla Extract
- Pinch of Sea Salt
- 1-2 Bananas your preference
- ½ Cup Collagen Powder - or to your liking
- 1.5-2 Cups Peanut Butter/Almond Butter - Adjust to your taste liking
- Cacao Nibs - Add amount to your liking - I use Terra Soul Cacao Nibs
- Add fresh berries to your liking - Blueberries, Cut up Strawberries, Blackberries
- Zest of a lemon. You can also zest 1 orange if you prefer. I love the lemon.

Directions

-Start from ingredients top to bottom mixing. I use a kitchen aid mixer. After combined and consistency is to your liking, empty into mason jars and refrigerate. Add almond milk as needed if you need to liquify more or add protein powder etc to get to your consistency liking.