

Foodnity Recipes

Easy High-Protein Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base Mixture

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 1 cup non-fat Greek yogurt
- [ ] 2 scoops vanilla whey protein powder (approx. 60 g)
- [ ] 2 tbsp chia seeds (optional)
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch sea salt

Mix-ins and Toppings

- [ ] 1/2 cup fresh blueberries
- [ ] 1/2 cup diced strawberries
- [ ] 1/4 cup chopped walnuts (optional)

Instructions

1. First, grab a medium bowl and whisk together your unsweetened almond milk, non-fat Greek yogurt, vanilla extract, and vanilla whey protein powder. Honestly, just keep going until it's all smooth and creamy—no lumps allowed.
2. Now, stir in your rolled oats, chia seeds, and honey or maple syrup. I mean, just give it a good mix until everything is evenly combined and looks just right.
3. Gently fold in those fresh blueberries, diced strawberries, and a pinch of sea salt. You want to be careful here so the berries stay whole, yeah?
4. Transfer the whole mixture into a mason jar or an airtight container. Sprinkle your chopped walnuts right on top and seal it up tight.
5. Pop the jar in the refrigerator overnight, or at least for 6 hours. This is where the magic happens—the oats absorb all those liquids and the flavors really meld together.
6. When you wake up, give the oats a hearty stir. If it feels a bit too thick for you, just add a splash of extra milk until it's the consistency you like.
7. Finally, top it off with a bit more fruit, nuts, or a little drizzle of honey if you're feeling it. Serve it immediately or keep it chilled if you're heading out the door.

Nutrition per serving

410 kcal	32 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep your almond milk and yogurt chilled for the best texture.
- Chia seeds aren't mandatory, but they add a lovely thickness.
- Make sure your protein powder is well-incorporated to avoid chalky spots.