

Banana Nut Overnight Oats



Ingredients

- 1/2 C dry Oats
- 1 scoop Vanilla Protein Powder
- 1/2 C Fat Free Fairlife Milk
- 1 tsp Banana Cream Pudding Mix
- 1/2 medium Banana, chopped
- 2 Tbsp Walnuts, chopped

Instructions

1. In a sealable container, add your oats, protein powder, milk, and banana pudding mix.
2. Mix well and top with chopped banana and walnuts.
3. Cover and place in the fridge overnight. You can eat these cold or warmed up the next day.
4. Enjoy!

Nutrition Profile

Calories - 458
Fat - 12g
Carbohydrates - 52g
Protein - 36g