

Maple & Brown Sugar Overnight Oats



Ingredients

- 1/2 C dry Oats
- 1 scoop Vanilla Protein Powder
- 1/2 C Fat Free Fairlife Milk
- 3/4 C Plain Greek Yogurt
- 1 tsp Brown Sugar
- 2 Tbsp Sugar Free Maple Syrup

Instructions

1. In a sealable container, add your oats, protein powder, milk, Greek yogurt, and brown sugar.
2. Mix well and top with sugar free maple syrup.
3. Cover and place in the fridge overnight. You can eat these cold or warmed up the next day.
4. Enjoy!

Nutrition Profile

Calories - 400
Fat - 3g
Carbohydrates - 46g
Protein - 50g