



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



## Overnight Oats

Ingredients:

- ¼ cup plain rolled oats or quick oats
- ½ cup unsweetened almond milk (could substitute with your favorite unsweetened milk)
- ¼ tsp cinnamon
- 1 Tbsp chia seeds or ground flax seeds
- 1 scoop vanilla protein powder (could use chocolate, strawberry or your preferred protein powder flavor)
- 1 tsp unsweetened almond butter
- 1 Tbsp fresh, frozen or canned fruit (if using canned make sure it's packed in 100% fruit juice and do not add the juice)



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### Steps:

1. In a small bowl mix all the ingredients together until fully incorporated.
2. Pour mixture into a portable small jar with a lid
3. Refrigerate overnight.
4. Remove from refrigerator at least 10 minutes before eating and top with your favorite fruit. If using frozen fruit you can top the oats before refrigerating so that they thaw overnight.

### **Nutrition Facts (per serving):**

Calories: 258, Protein: 24g, Fat: 11g, Carbohydrates: 21g