






BERRY-BANANA OVERNIGHT OATS

Speed up your morning routine with a nutritious breakfast made the night before. Naturally sweetened with fruit, and with a protein boost from plant-based protein powder, this recipe will help keep your mornings low-maintenance without skimping on flavor or fuel.

-  5 minutes
-  6 hours and 5 minutes
-  1 jar/bowl

INGREDIENTS

- 1/2 medium-size ripe banana
- 1/2 scoop of Plant Based Protein Powder
- 1/2 cup gluten-free old-fashioned rolled oats
- 1 teaspoon chia seeds
- 1/8 teaspoon kosher salt
- 2/3 Cups of Unsweetened dairy-free milk or water
- 1/4 Cup of Frozen Mixed Berries or Fresh Blueberries & Raspberries
- 1 tablespoon chopped walnuts [Optional]

COOKING METHOD

- 1° Place banana in a small bowl, and use a fork to thoroughly mash. Add protein powder; mix to combine (add a little water as needed). Then transfer to mason jar.
- 2° Add oats, chia seeds, salt, and water or dairy-free milk; mix well. Cover and refrigerate overnight or at least 6 hours.
- 3° Top with fresh blueberries and raspberries or frozen mixed berries and walnuts [optional].

NUTRITIONAL INFORMATION

	PER 100 g	PER JAR/BOWL (255 g)	% DRI
ENERGY	172 kcal	439 kcal	22 %
PROTEIN	9 g	23 g	46 %
CARBOHYDRATE	23 g	58 g	22 %
SUGARS	4 g	10 g	11 %
FAT	6 g	15 g	21 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
FIBER	5 g	12 g	48 %
SODIUM	131 mg	334 mg	14 %