

Protein Overnight Oats

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-chia-seeds-recipe>

Ingredients:

- 1/3 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tablespoon agave nectar honey, or maple syrup
- 1 tablespoon chia seeds
- 1/3 cup greek yogurt

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 10 milligrams
4. Fat: 38 grams
5. Fiber: 11 grams
6. Protein: 13 grams
7. SaturatedFat: 28 grams
8. Sodium: 190 milligrams
9. Sugar: 9 grams

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