



Protein-Packed Almond Banana Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 hand-sized Rolled Oats Gluten Free
- 1-2 Scoops Protein Powder, Vanilla (to hit 25g)
- 240 ml Unsweetened Almond Milk
- 1/2 Banana, sliced
- 1 tbsp Almond Butter

DIRECTIONS

1. Combine the oats, protein powder, and salt in a jar or bowl.
2. Stir in the almond milk and mashed banana until evenly mixed. Refrigerate overnight (or at least 4 hours).
3. Stir and top with almond butter and extra banana slices before serving.
4. Add a splash of almond milk if needed to loosen after chilling.

NOTES

1. You can make this with chocolate protein powder, or any other flavour you like.

AVERAGE NUTRITION INFO

Energy : 2034 kJ / 486 Cal

Fat : 17 g

Carbs : 50 g

Protein : 38 g

Fibre : 9 g

Sugar : 11 g

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