



Brownie Batter Overnight Oats

These brownie batter overnight oats are probably the closest you'll get to dessert while still having nutritional value! High fiber content from the steel cut oats, heart healthy flavonoids from the cacao powder, and vital amounts of protein from our choice of protein powder combine into this all-star breakfast recipe!

Ingredients:

- ½ cup (50g) steel cut oats (You can use Old Fashioned Oats If you prefer a creamier texture. The steel cut oats are more firm and have a nuttier flavor)
- ¾ cup unsweetened almond milk
- 1 serving (22g) of chocolate or vanilla pea protein
- 1 Tbsp (14g) cocoa powder or raw cacao powder
- 1 packet stevia (optional)
- ¼ tsp sea salt
- 1 tsp pure vanilla extract

Directions:

- In a medium sized bowl, mix together all the ingredients until no clumps are left.
- Portion out your mix into desired containers, cover and place in the fridge to chill overnight.
- Enjoy!

“If you never try, you'll never know.”

